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THE PORTUGAL News

Portugal's **National** Newspaper in English

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Lisbon costlier than London

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Met Office warning over Portugal's rising temperatures

Portugal has warmed by 1.2 degrees Celsius the past few decades and is increasingly prone to extreme weather patterns such as heavy rains, heat waves and extended cold snaps, the Portuguese Met Office revealed this week. (See Page 5)

Church charity highlights Portugal corruption

The President of Episcopal-run charity Caritas Portuguesa slammed Portugal this weekend by claiming its levels of corruption and salary disparities were "scandalous". (See Page 7)

2009 confirmed as Alentejo's 'Best Year'

President of the Alentejo Regional Tourism Board (ERTA), Ceia da Silva, has said that his region is currently experiencing the "best year for tourism ever", particularly concerning the number of nights spent by tourists in that region and despite the global economic crisis. (See Page 9)

Ronaldo shortlisted to defend FIFA world player award

Portugal's Cristiano Ronaldo, FIFA's current player of the year, is among a shortlist of five to take this year's award. (See Page 56)

Weekend weather

Lisbon: Cloudy skies will persist for much of the weekend, though no rain is forecast to fall until late Monday. **Faro:** The weekend will start with heavy cloud cover and a slight chance of rain before clearing up on Sunday. Heavy cloud and rain is forecast for Monday and Tuesday. **Oporto:** It will be cold in the north this weekend, though the sun will make regular appearances. It is only on Monday that winter will return to the region in full force, with heavy rain.



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As businesses continue to fold due to inability to pay taxes, Gov't changes law allowing debts to be repaid over 10 years

TAX MAN CHANGES TUNE

Full story, see p. 2



Photo / EPA/Ulises
Rodríguez

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McCanns face-to-face with Amaral in court

The parents of missing British toddler Madeleine McCann are to be present at the first hearing in the trial that could see sales of ex-police inspector Gonçalo Amaral's controversial book 'Maddie – The Truth of the Lie' being banned for good. This around the same time that the former police chief is set to launch a new book titled 'The Gag'.

Published in 2008, Gonçalo Amaral's first book is currently unavailable, having been removed from shelves following an injunction imposed earlier this year, on September 9th, as the result of opposition from the McCann family. He is soon set to launch his second book – 'The Gag' – which is being published by a Spanish editor and is aimed at 'all those who want to silence him'.

'The Gag' reportedly recounts Gonçalo Amaral's day-to-day life since working on the Madeleine McCann case and includes passages on such topics as his leaving the police force; his role in the Leonor Cipriano case and the effects of the McCann's injunction on the sale of his book 'Maddie – The Truth of the Lie'. Amaral's first book is based on his conclusions reached from investigations that at one point he headed. One of the most controversial conclusions is the ex-inspector's indication that Madeleine's parents were in some way involved in her disappearance.

Madeleine McCann's parents Kate and Gerry, were expected to be at the first court hearing in the trial against the book's sale, in Lisbon, this Friday.

During the hearings on Friday next Monday and Wednesday, the Portimão-based Gonçalo Amaral will present his argument to the court.

Kate and Gerry McCann, who are being represented by Isabel Duarte, allege that Gonçalo Amaral's theories, which are published in the book and in the video based on the book, are in their opinion, unsustainable.

The family therefore asked that the book and the video, which were released after a documentary broadcast on Portuguese TV channel TVI, be removed – albeit temporarily – from the market.

Also named in the litigation is publisher 'Guerra & Paz', Production Company Valentim de Carvalho, and TVI, for divulging Gonçalo Amaral's theory that the parents were involved in Madeleine's disappearance.

The McCanns are requesting the protection of their rights and freedoms, as well as having instigated a second course of legal action against the former police chief in which they claim he made 'defamatory declarations' and for which the family is asking compensation of at least €1.2 million.

According to the McCann family's British lawyer, Ed Smethurst, the couple claim Amaral made 'continuous and damaging' affirmations, in Portugal and abroad, about the child's disappearance.

Gonçalo Amaral is accused of having profited by 'obscene amounts of money for selling his theory via his book and in interviews', as well as having damaged 'donations, new leads, investigations, information and witnesses' relating to Madeleine's disappearance.

The action against Amaral was filed by Kate and Gerry McCann, along with Madeleine and her twin siblings, Sean and Amelie. The McCanns have so far re-

ceived around €700,000 in damages from British newspapers, though Gerry McCann told *The Portugal News* back in April that he believed the cash in the Find Madeleine Fund will have run dry by the end of the year.

In the ruling in September that banned Amaral's book, the judge at Lisbon's main civil court outlawed any further sales or publications of the book.

Mr Amaral has insisted since being taken off the case back in 2007 that there were a number of discrepancies in the accounts given by the McCanns as to what happened on the night of Madeleine's disappearance.

The order bans the former detective from repeating any of his claims about the McCann family and also applies to a television programme, later produced as a DVD, he made earlier this year in conjunction with TVI.

In May, the McCanns had said they were looking to sue Mr Amaral for defamation over the 'hurtful' book's 'unfounded and grossly defamatory claims'.

Mr Amaral has since said he will counter-sue the McCanns, he has a clear conscience and is more than willing to face them in a court of law.

Following the September decision, Kate and Gerry McCann released a statement praising the Portuguese court's decision.

'We are pleased with the Judge's decision preventing further distribution and sale of Mr Amaral's book and DVD – 'The Truth of the Lie'.

'Mr Amaral's central thesis has no evidence whatsoever to support it. To claim as he did, that Madeleine is dead, and that we, her parents, were in some way involved with her disappearance, has caused our family incredible distress and it continues to do so.

'Without doubt, Madeleine will have suffered as a result of



Gerry and Kate McCann during a press conference held after a meeting with their Portuguese lawyers in Lisbon on 23 September. (Photo: Lusa/Manuel de Almeida)

the negative effect this book and DVD will have had on the search for her.

'Sean and Amelie need protection too from such awful claims.

'Hopefully this injunction today will go a long way towards reducing further unnecessary and unjust distress to us all and allow people to concentrate completely on what is important – finding Madeleine,' the statement read.

In the first and only extensive interview granted to an English-language publication, Gonçalo Amaral told *The Portugal News* back in 2007 that his premature removal from the case hampered the search for the truth.

'We should have continued investigating the parents in order to either charge them or rule them out as suspects. If I had represented this couple, I would have insisted the police investigations continue. Not everything we do is to incriminate a suspect', he reasoned, adding: 'Often a phone will be tapped in order to obtain information that will clear a suspect'.

When questioned over legal action he would face over his views, Mr Amaral said: 'My book is based on facts. It could

be a good occasion to take all the case files to court and compare what I wrote with that which is contained in the files.'

Arguing the opposite to be true, Gerry McCann told *The Portugal News*: 'There's one thing that has been revealed in the case files which is that there is no evidence that Madeleine is dead and there is no evidence to suggest that Kate and I were involved in any theories. It's about Madeleine. As her parents, I hope people understand that we have to do what we are doing.'

Madeleine McCann was last seen alive sleeping in the same room as her twin siblings Sean and Amelie in an apartment at a resort in Praia da Luz.

Her disappearance took place on May 3rd 2007, shortly before her fourth birthday, and immediately attracted unprecedented international interest.

Gonçalo Amaral holds the opinion that Madeleine McCann died in the apartment where she was staying; that a kidnapping was simulated; her parents are suspects in the involvement of concealing her body; her death could have been the result of a tragic accident and that there are indications of negligence in the safekeeping of the children.

Taxman changes tune

In an unexpected move which aims to keep ailing businesses from closing their doors due to burgeoning tax debts, the Prime Minister has announced that companies will be allowed to repay the taxman over 120 months.

Speaking during a fortnightly parliamentary debate, Prime Minister José Sócrates unveiled a host of measures involving businesses, though they varied in popularity.

The move to allow companies a decade to repay their taxes was initially greeted with applause, though it became slightly more muted when it was discovered that only companies with debts in excess of 51,000 euros would qualify for this special dispensation.

Previously, some companies were allowed to negotiate the repayment of their tax debts, though only over periods not exceeding five years, but normally, the taxman has been reluctant to allow for a period greater than 12 months.

However, the Prime Minis-

ter has indicated that the measure might only be a temporary one, suggesting it could possibly only apply in 2010, depending on the rate of the economic recovery.

But Finance Ministry sources have since indicated that the move could be here to stay, especially if it ensures the survival of companies, while simultaneously maintaining the state coffers in a healthy condition.

While the move by the Government has been praised for allowing common sense to prevail and not forcing companies into liquidation to repay debts, it preceded an announcement that the minimum wage would be increased by 5.6 per cent next year.

The announcement, praised by unions, has been criticised by bosses, who argue the increase is well above the inflation rate,

thereby putting an additional strain on cash-strapped companies.

The minimum wage currently stands at 450 euros, but will rise to 475 euros in 2010. The Government has further undertaken to push the minimum wage to 600 euros by 2013, which translates into increases in the region of ten per cent in 2011 and 2012.

'It is in times of difficulty that we need to introduce measures that reduce inequalities', José Sócrates explained, though he swiftly added that while employers will be forced into giving around 340,000 workers an inflation defying increase next month, companies can look forward to a 94 million euro fund that has been set aside to support companies in 2010.

Lisbon costlier than London



Portugal's capital city, Lisbon, has, according to the findings of an international study published this week, surpassed London on the 'World's Most Expensive Cities' list regarding the purchasing of common goods, like food.

Based on the differences between prices of goods as simple as milk, a coffee or a hamburger, it has been established that all of the afore-mentioned and many other consumables are now more expensive to buy in Lisbon than in London.

A study by international price-comparing company PriceRunner International has ranked Lisbon as the 14th most expensive capital city in the world, one place above London, which this year fell one position from 14th to 15th.

Prices of 26 of the most popular consumable goods from 33 different countries, were compared to establish the ranking. Oslo (Norway), Copenhagen (Denmark) and São Paulo (Brazil) were concluded to be the world's most expensive cities.

Other central and northern European cities were also amongst those more expensive than Lisbon, as were Sydney (Australia), Tokyo (Japan), Cape Town (South Africa), Moscow (Russia) and Istanbul

(Turkey).

And even though it may be more expensive than London, which in the past has served as a benchmark for costly destinations, buying goods in Lisbon remains 1.6 percent cheaper than the overall average of the 33 countries included in the study.

London's fall in the ranking is believed to have been caused by a number of contributing factors, including the drop in the price of a coffee, which is on average 22 cents cheaper than last year, a litre of milk, now 19 cents cheaper, and a Big Mac hamburger, which has dropped by 16 cents.

The weaker pound will also have assisted in making the British capital a cheaper place to visit and live in than had been the case in years gone by when a pound bought around €1.50.

On the other hand, the cheapest city in the world to visit is India's Bombay, where buying goods will cost consumers on average 30 percent less than the global average.

In India's biggest city a 30 cen-

tilitre Coca-Cola costs around 30 cents. Bangkok (Thailand), Shanghai (China) and, maybe surprisingly, New York (USA) follow Bombay as the cheapest cities in the world, where food stuffs, bus and cinema tickets,

cigarettes or electrical goods are all priced below the global average.

Other recent studies have also assessed Lisbon's cost-effectiveness.

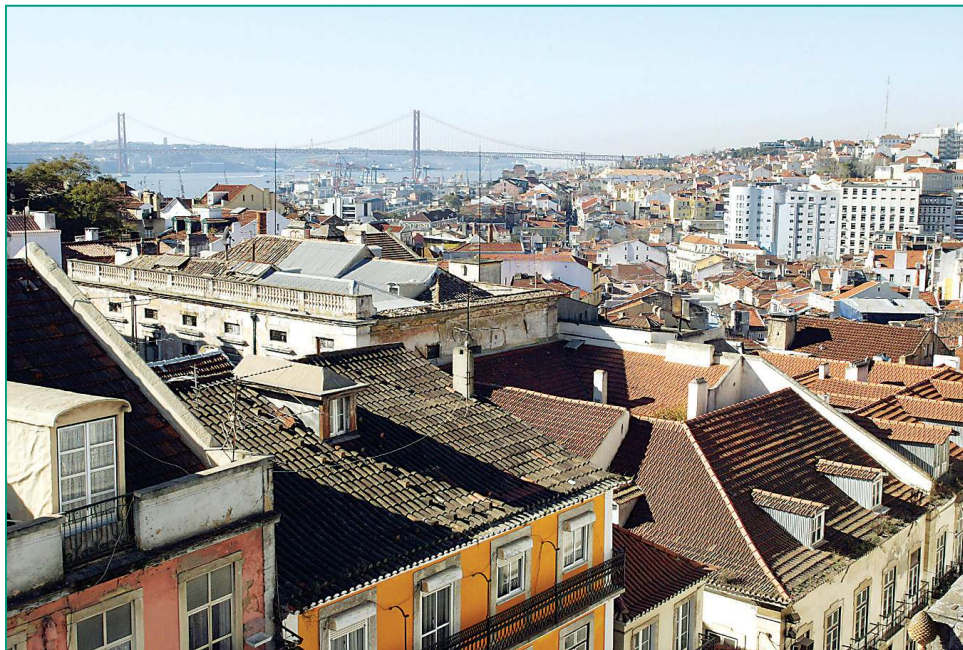
Consultancy company Mer-

cer placed the Portuguese capital at 66th on a 'Worlds Costliest Cities' list comprising 144 countries.

Lisbon also ranks 39th amongst the most expensive places of commerce in the world, accord-

ing to a study by Cushman & Wakefield.

According to their survey, annual rent for properties in Lisbon's main area of commerce, the Chiado, can reach €960 per square metre.



View across Lisbon (Photo: Lusa / António Cotrim)

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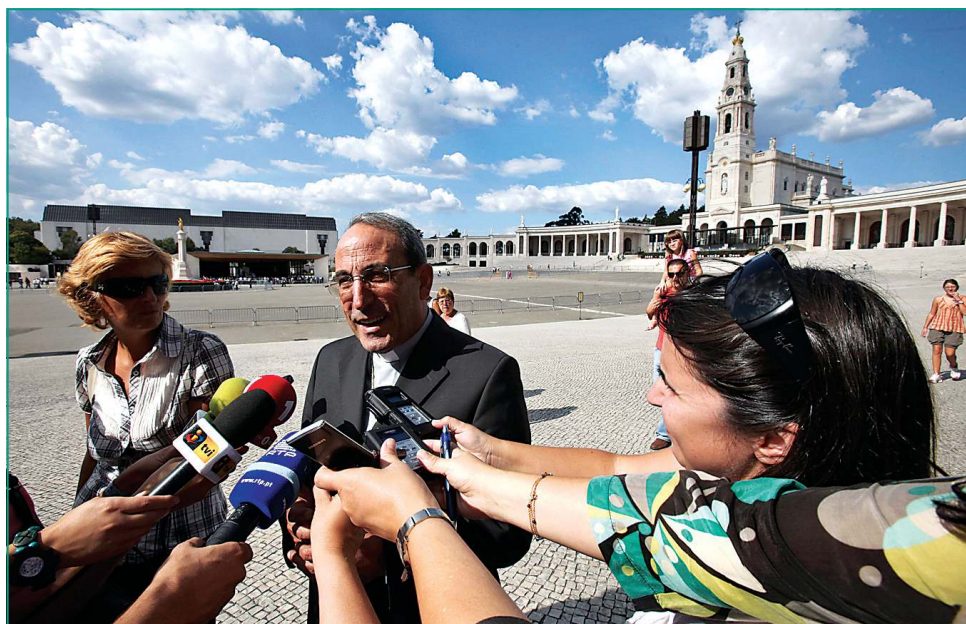


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Pope Benedict to visit three cities on May 11-14 trip



Dom António Marto, the Bishop of Leiria and Fátima talks to journalists in September about the Pope's planned visit in May 2010. (Photo: Lusa / Paulo Cunha)

Innovative project aimed at Portugal's pregnant teens

A project created in Santa Maria da Feira is attempting to help Portugal's pregnant teenagers by offering support and guidance to avoid young mothers becoming social outcasts in a country that now has the second highest teen pregnancy rate in Europe.

Since its founding in 2007 the 'Cegonha e Companhia' programme has helped 59 young girls, aged between 14 and 20, prepare for the arrival of their babies. Whenever possible the programme also aims to include the girls' partners and supports families for two years after the birth.

Recent EU statistics have shown that more than six percent of all new mothers in Portugal are aged under 19 when their children are born, placing this country second on the European Union's list of countries with most teenage pregnancies.

At present 17 young girls are

being aided by 'Cegonha e Companhia', the majority of whom claim to have never used contraception since being sexually active as they 'don't like' condoms and claim getting hold of the pill is 'impractical'.

Hugo Cruz, coordinator of the 'Cegonha e Companhia' project highlighted "Portugal is one of the countries in Europe with the highest teenage pregnancy rate" and stressed that the objective of the project is to "avoid situations of social risk for the more vulnerable young girls by bringing them closer to medical care and encouraging them to embark on profes-

sional training for a job because all of the girls dropped out of school when they got pregnant and were already on an unsuccessful path".

"There is a tendency in these cases of pregnant teenage girls that their mothers also got pregnant at a young age", Hugo Cruz said, continuing "this cycle must be broken so it doesn't result in more poor families".

He explained "From a teenager's point of view, a pregnancy is good as it will ensure she gets lots of attention. The problem is when the child is born".

Maria João Oliveira, a collaborator on the project added,

"The majority of these young girls come to us in a fragile state, because the relationship with the baby's father is unstable or because they are living in a somewhat complicated family context. We help them explore their maternal feelings and to understand their parental responsibilities as well as defining objectives for their futures".

The 'Cegonha e Companhia' project is part of a 'Rights and Challenges' programme developed by Santa Maria da Feira Town Hall in 2005 and is co-financed by Social Security.



Pope Benedict XVI will celebrate mass in three cities during his May 11-14 visit to Portugal, Belém Palace and the Portuguese Catholic Church announced this week.

The presidential palace said in a press release that the fifth papal visit to Portugal would include meetings between the Pontiff and President Aníbal Cavaco Silva and Prime Minister José Sócrates in Lisbon.

Pope Benedict is to celebrate

outdoor mass in the Capital and in northern Oporto on the opening and closing days of his four-day visit and spend two days at the country's main religious shrine, the Our Lady of Fátima Sanctuary in central Portugal, the presidency and the church said.

TPN/Lusa

More women reporting domestic violence

The number of women reporting domestic violence incidents to the police rose by 12 percent during the first six months of this year in comparison to the same period of 2008, according to a report by the Home Affairs Office's Central Board (DGAI)

According to the document PSP and GNR officers across Portugal registered 14,600 official complaints between January and June this year – 1,570 cases more than during the same period of 2008.

During this period, security forces reported on average 81 cases of domestic violence every day.

PSP officers documented 9,206 incidents (9.8 percent more than in 2008) while the GNR registered 5,394 cases (12 percent more than the same six months of 2008).

The highest number of accusations occurred on the Island of Madeira, where there was a 24.6 percent rise in the number of incidents reported this year in comparison to the first half of last year.

Only on the Azores did the number of reports drop.

Nevertheless, 90 percent of the incidents reported took place on mainland Portugal, with 4.1 percent occurring in the Azores, and 3.6 in Madeira.

The majority of complaints are made between 19h00 and 24h00 and relate

to abuse carried out on the same day.

Around one fourth of reported incidents occurred the day before.

Eighty-nine percent of reports were made by the victim, which in their majority are women, mostly married or living with their partner and are on average 39 years of age.

More than three quarters of all women reporting physical violence said they were not financially dependent on their partners; the majority were employed and had mid-level schooling.

According to data from the police forces, 16 percent of the attackers used or had a gun, 46 percent regularly consumed alcohol, and 12 percent were drug users.

Generally, situations of domestic violence take place on weekends, particularly on Sundays, and occur at night or early morning.

Further conclusions in the report were that 46 percent of all incidents were witnessed by children and the majority of victims were not admitted to hospital or took sick leave from work.

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Met Office warning over Portugal's rising temperatures



Portugal has warmed by 1.2 degrees Celsius the past few decades and is increasingly prone to extreme weather patterns such as heavy rains, heat waves and extended cold snaps, the Portuguese Met Office revealed this week.

"Extreme phenomena could start having a greater frequency than they have done in the past. We are constantly setting new records for the hottest summers", explained the president of the National Met Office, Adérito Serrão.

Figures released this week show that the average temperature in Portugal has risen by 1.2 degrees Celsius since 1930 – a substantial amount according to weathermen.

However, it was also indicated that thermometers have been rising by 0.8 degrees each century, but this century they have risen slightly higher than in the 20th.

According to the Met Office, this "significant" difference of 0.4 degrees can be blamed on the industrial revolution, which brought with it a greater release of carbon dioxide into the atmosphere.

"If current projections are to be maintained, there will be serious effects. All that exceeds two degrees in relation to 1990 will have irreversible effects on ecosystems and could cause natural disasters, similar to ones we have seen in the past, but with much more intensity", the Met Office said this week.

The Met Office has been working alongside the University of Lisbon in monitoring climate change in Portugal, its effects and how it can be reduced.

"We need all the information we can in order to act", Adérito Serrão told the Lusa News Agency, adding that this is the reason why government and organizations across the globe are investing as heavily as they have been in climate change research.

In a related story, research published in the summer revealed that the environment around the Algarve is experiencing dramatic change, with even bigger changes in the climate forecast during the course of the current century for the region.

rent century for the region.

Jorge Gonçalves, a researcher at the Centre for Ocean Sciences at the University of the Algarve, believes that overall, the major benefactor of climate change in the Algarve, will be the fishing industry, which can look forward to a greater array and variety of fish species appearing in their nets.

In separate findings, another researcher at the same University predicted that the Algarve will be affected by periods of drought that will last much longer and be far more severe.

In addition, explains Tomasz Boski, the region will be hit by more frequent forest fires, while days of recorded rainfall will be greatly reduced, though storms will be more violent and spread into the summer months as is the case in tropical regions.

Another feature of the region's changing climate will be the regular appearance of 'dry fog'. According to the coordinator at the Centre for Marine and Environmental Research, this phenomenon occurs mostly in May and is related to sand granules being blown into the Algarve from the Sahara Desert.

Another study revealed that in a hundred years from now, most of the Portuguese coastline could be waterlogged and temperatures in the Algarve will soar, becoming a playground for swarms of bugs and parasites and forcing tourists to head north.

The study, exploring the effects of climate change on Iberian destinations to the end of the 21st century, was conducted by the Estoril Higher School of Tourism and Hospitality (ESHTe), its predictions being described as "worrying", by Eunice Gonçalves, head of the ESHTe's directive board and co-author of the study.

"The study was devised to warn people that if nothing is done to prevent the predicted future there are strong probabilities this catastrophic scenario will become a reality", she said.

Rises in average temperatures of up to six degrees are forecast by the study for the Algarve, figures that have been predicted by other recent studies and surveys.

As a consequence, it is anticipated that tourist flows will start to head north, in search of cooler temperatures, and that winter will become the high season for the Algarve and southern Spain.

Those responsible for the research said climate change won't be the 'death' of the Algarve, "but as a destination it will start to thin out and cause other regions to fatten up", like Northern Portugal, Madeira and the Azores.

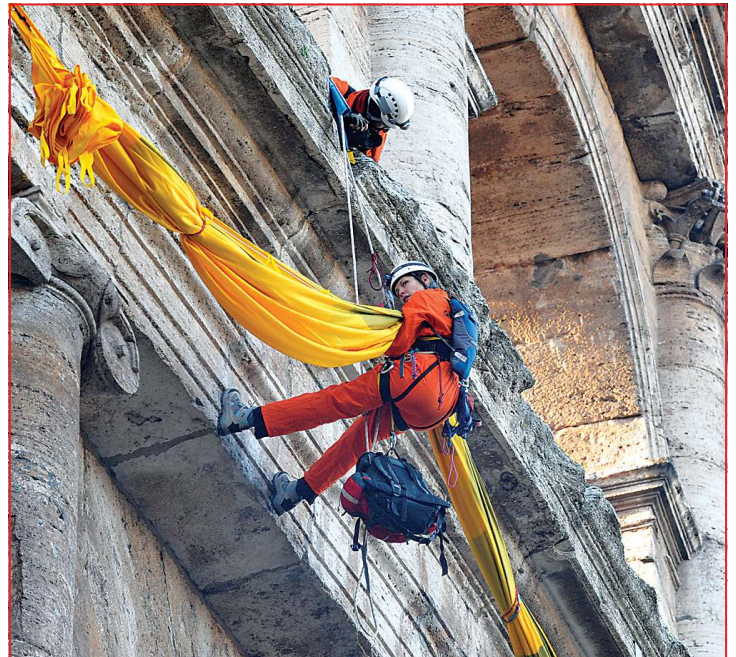
One of the most worrying effects is the average rise in sea levels, because of which experts predict a large part of the Portuguese coastline will become waterlogged and even submerged.

On a global scale, this century the sea has risen by 10 to 20 centimetres due to the melting of polar icecaps.

In an associated story, a leading Portuguese expert has forecast that summer could last between five and six months by the middle of this century.

The official 'bathing' season, which commenced on June 1st and ends on September 30th, may have to be revised as thermometers start hitting the 30-degree mark earlier in the year, with temperatures in their mid-20s lasting well into October.

According to one of Portugal's leading specialists in climate change, "With the rise in average temperatures, what we know as summer will be extended. Within the next 50 years, we will have five or six months of summer as



Eight Greenpeace activists, including two women, climbed the Colosseum in Rome to unfold a banner reading 'Copenhagen: Historical agreement now! Make history now' on December 9th. (Photo: EPA/Claudio Peri)

opposed to two or three", explained Filipe Duarte Santos.

Since records began in Portugal, January 2008 was confirmed as the second hottest ever. Thermometers were also 1.3° above the usual January average, additional data showed.

Portugal was, in 2006, singled

out in the Stern Review as being one of the European countries that will suffer most from global warming.

"The Mediterranean will see an increase in water shortages, heatwaves and forest fires. Portugal, along with Spain and Italy, will be the hardest hit, which could

result in a swing northwards in summer tourism", explained the report.

The four years leading up to 2007 were the hottest on record in Portugal while the drought in 2005 and 2006 was only broken by heavy rains and floods three winters ago.

Portugal in bottom half of EU's 'Greenest' Cities ranking

An index created to assess which cities are Europe's most environmentally friendly has ranked Lisbon 18th on a list of 30 metropolises, a little below half-way.

Europe's 'greenest' city was found to be Copenhagen, the capital of Denmark.

Factors including gas emissions, transport, energy consumption, residues and quality of air were analysed from all the participants to create the European Index for Green Cities.

Denmark achieved a score of 87.31 points out of a possible 100, making it Europe's greenest city, while Lisbon managed only 57.25 points, placing it behind other 'cities of average income and a hot climate' like Madrid (67.08) and Rome (62.58).

Europe's second and third most environmentally-friendly cities are also Nordic, these being Stockholm (86.65) and Oslo, (83.98). Vienna (83.34), Amsterdam (83.03) and Zurich

(82.31), take fourth, fifth and sixth place respectively.

Carried out by the Economist Intelligence Unit, the 'Green Index' analyses the 'current environmental efforts of the 30 main cities in Europe and their future commitments to reducing their impact on the environment'.

This is done by evaluating eight different criteria: emissions, energy, building, transport, water, garbage and use of soil, quality of air and environmental management.

The results of the 'Green Index' were made public during the ONU Environmental Summit, which is being held in Copenhagen and during which 192 countries will negotiate a new environmental agreement.

Regarding CO₂ emission, Portugal ranked 22nd due to its "7.5 tonnes of CO₂ emitted per capita", far from the overall average of 5.2 tonnes.

A possible explanation for this is, according to the study's organizers, "the large volume of

vehicles that enter Lisbon every day", as well as an "inefficient public transport network".

Concerning energy, the Portuguese capital fared slightly better, ranking ninth, its best classification in the study, having the third lowest rates of energy consumption after countries including Istanbul, Belgrade and Oslo.

Lisbon ranked 25th regarding most efficient transport network, but was still ahead of Prague, Sofia, Bucharest, Belgrade and Dublin.

Amsterdam showed the best results regarding water quality and consumption, followed by Vienna and Berlin, with Lisbon coming in 24th position on that list.

Regarding waste disposal, recycling and soil use Lisbon ranked 22nd, but obtained its second best classification in the 'Environmental Management' category, where it was placed 12th out of 30 countries.

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New police cars for 'Safe School' fleet



Faro's Civil Governor, Isilda Gomes, presented a fleet of a dozen new police vehicles as part of the 'Safe School' programme on December 4th. (Photo: Lusa / Luis Forra)

"Drug-trafficking combat needs global cooperation"

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The fight against drug smuggling through Guinea-Bissau needs international cooperation, the head of Portugal's Judicial Police (PJ) said on a fact-finding trip to the small West African state.

PJ director Almeida Rodrigues said the activities of international drug cartels in Guinea are of great concern to the African state itself, as well as Portugal and the rest of Europe where most of the narcotics end up.

Rodrigues also said Lisbon will continue to assist in training of Guinean police.

TPN/Lusa



Twelve new vehicles have been made available to PSP and GNR stations across the Algarve to be used in the forces' 'Safe School' programme, a €143,000 investment footed by the Faro Civil Government.

The official hand-over ceremony took place last Friday at the Civil Governor's office in Faro with the new cars to replace 12 old ones being unveiled.

Faro Civil Governor Isilda Gomes justified the upgrading of the fleet as being due to the fact it is "very worn" and "old" and that the substitution of the 12 cars was "urgent".

"The equipping of the Forces is fundamental to offer a bigger and better response", she said, confirming the entire cost had been supported by the Civil Governor's Office.

Governor Gomes continued

"Despite the difficulties in making purchases, we have been granted exceptional authorization to buy these vehicles". She stressed the importance of offering officers better working conditions by distributing new means to do so.

Maintaining that the Algarve "is a safe region", Isilda Gomes nonetheless confirmed that all of the region's Town Halls have signed private security contracts, which will soon be introduced.

She said that local authorities were working "earnestly" to prevent and suppress criminal acts in the region.

Record-breaking cannabis crackdown, smuggled from South Africa



As the result of various on-going operations carried out over a long period of time last week the largest ever seizure of Liamba – a type of cannabis – in Portugal was made, nearly 5,000 kilogrammes in total.

The drugs were discovered by Special Customs Officials onboard a cargo ship that had docked in Lisbon, inbound from South Africa. The substance had been concealed inside crates labeled 'Objects for Personal Use'.

Following checks and scanner technology, discrepancies were found between the cargo being carried and the inventory given to the Portuguese port officials.

More checks and exhaustive physical verification revealed illegal substances were being carried within the cargo.

Port officials immediately contacted the PJ Police's National Drug Trafficking Squad (UNCTE) who after their investigation seized 3,225 kilogrammes of Liamba, vacuum-packed and hidden within a crate carrying boxes of mosaic tiles.

From their investigation drug officers were given strong reason to believe the bust in question was part of an international drug-smuggling network dedicated to infiltrating large quantities of illegal substances into Portugal.

Further examination connected the incident to another ongoing investigation relating to an international criminal ring operating from South Africa which used Portugal as an entrance to the European drugs market.

As a result, the UNCTE carried out two operations in Lisbon and detained two presumed drug smugglers, seizing a further 1,771 kilos of Liamba, also concealed within tile boxes. Two vacuum-packing devices were also seized, along with €25,680 in cash.

The two detainees, businessmen aged 49 and 55, are believed to be responsible for smuggling both packages of Liamba into Portugal, 4,996 kilogrammes in total, and are being held in police custody while awaiting trial. It is the largest discovery of cannabis being smuggled into Portugal in the country's history.

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Portugal looks to join Transparency International



A group working to create a Portuguese chapter of Transparency International (TI) said this week it would begin its first anti-corruption research project this month and hoped to be established fully as part of the prestigious organisation by 2012.

Luis de Sousa, a researcher in ethics and corruption at Lisbon University, said the working group would begin its first project later this month by researching 27 "case studies" of the rules and statutes of limitations related to crimes of corruption across the European Union.

In its last annual report, Transparency International ranked Portugal 19 out of 30 Western European countries on its 2009 corruption index.

On an international scale, Portugal last month slid three positions to 35th in the corruption survey by international watchdog Transparency International.

The Berlin-based group's annual Corruption Perception Index measures levels of public sector corruption in 180 states.

The Corruption Perception Index measures the perceived levels of public sector corruption in a given country and is a composite index, drawing on 13 dif-

ferent expert and business surveys. The 2009 edition scores 180 countries, the same number as the 2008 CPI.

Highest scorers in the 2009 CPI are New Zealand at 9.4, Denmark at 9.3, Singapore and Sweden tied at 9.2 and Switzerland at 9.0. These scores reflect political stability, long-established conflict of interest regulations and solid, functioning public institutions.

Portugal has fallen successively in the corruption index from 26th in 2007 to 32nd last year. Conflict-wracked Somalia is the world's most corrupt state followed by Afghanistan, Burma and Sudan.

First published in 1995, the Index of Corruption Perception report is based on a classification scale of zero (very corrupt) to ten (corruption-free). Portugal currently being given an overall classification of 5.8, down on last year's figure of 6.1. TPN/Lusa



Chief prosecutor Maria José Morgado with Luis da Sousa (centre) and João Triães at their book launch in October 2008. (Photo: Lusa / João Relvas)

Church charity highlights Portugal corruption



The President of Episcopal-run charity Cáritas Portuguesa slammed Portugal this weekend by claiming its levels of corruption and salary disparities were "scandalous".

Speaking after a Cáritas Portuguesa general meeting held in Fátima, Eugénio da Fonseca told Lusa news agency "The levels of corruption that this country is registering are scandalous. The disparity between wages that certain citizens are earning for the roles they carry out in relation to the average wage earned by the Portuguese population is equally as scandalous".

He added that "there are, in many cases, prizes given for poor services rendered".

Claiming to be "shocked" with the state of affairs, the President

of Cáritas Portuguesa further stated that "all corruption is bad, but there are people who, for the positions that they occupy, shouldn't ever be allowed to adhere to non-ethical mechanisms as they could be the light that too many citizens follow".

"All this leads to a certain amount of dismay as a sense of value has been lost", he said.

The Cáritas Portuguesa general meeting reunited 18 of the 20 national Cáritas diocesan representatives from across the country to define strategic lines for the next three-year period.

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Algarve Cork Museum facing closure



Silves' *Fábrica do Inglês's* show venue, which until recently encompassed a regional cork museum, restaurants and the Algarve's first multi-media water show, is at risk of closure after reportedly being declared 'technically bankrupt' despite having been granted a half a million euro loan at the time of its launch.

Having opened its doors nearly 12 years ago the *Fábrica do Inglês* (loosely translated as 'Englishman's Factory') was originally designed as a venue of leisure and entertainment for tourists and locals.

Over the years it hosted shows ranging from Irish dancing to Portuguese theatre featuring national stars. Many wedding receptions have been held within its walls, as have other private events.

But probably the most famous and most visited event was the yearly 'Beer Festival'. Once held within the confines of Silves'

castle the beer festival later transferred to *Fábrica do Inglês* though has also failed to take place in recent years.

The company behind *Fábrica do Inglês* is believed to be in debt to the amount of almost €6.5 million, and "without the means to pay it off". Now, the only remaining solution seems to be for Silves Town Hall to take possession of the venue.

José António Silva, head of the *Fábrica's* administrative board and brother of Silves Mayor Isabel Soares, recently told *Público* newspaper that the situ-

ation is "worrying" and that "all attempts to save the company have failed".

He also admitted that the entertainment, cultural and leisure development only fulfilled its objectives "of placing Silves on the Algarve's entertainment map" in the first two years of business.

Should the Town Hall not be able to intervene, José António Silva confirmed *Fábrica do Inglês* will imminently close its doors.

An emergency meeting has been held with the Town Hall to debate the matter.

One of the main obstacles *Fábrica do Inglês* has faced over the years has been, according to José António Silva, the competition in entertainment from Monchique and Albufeira, who promote cultural and entertainment events "free of charge".

"At present the *Fábrica's* economic model has been exhausted", he said.

Doubts have been cast as to whether the Town Hall will be able to intervene in saving *Fábrica do Inglês* after it was recently granted a €15 million loan to pay off suppliers' debts.

Concerns as to whether it could take on another financial responsibility have been raised.

It has been estimated that to keep *Fábrica do Inglês* running would require at least €11,000 per month.

FM Amado lauds end of EU trade deadlock with Serbia

Portuguese Foreign Minister Luis Amado has this week welcomed the accord among European Union member states to end an impasse that has blocked a

trade agreement and closer ties with Serbia.

Minister Amado said after a Brussels meeting of his EU counterparts that he welcomed the end of an 18-month stand-

off after the Netherlands blocked an interim trade deal with the EU to press Belgrade to do more to locate fugitive Balkan war crime suspects. *TPN/Lusa*

One in two in the EU uses the internet daily

In the EU27, 65 percent of households had access to the internet during the first quarter of 2009, compared with 60 percent during the first quarter of 2008, and 56 percent had a broadband internet connection in 2009, compared with 49 percent in 2008.

This data published by Eurostat represents only a small part of the results of a survey on Information and Communication Technologies (ICT) usage in households and by individuals in the EU27 Member States, the candidate countries, and Norway, Iceland and Serbia.

As well as internet use and broadband connections, the survey also covers other indicators such as e-shopping, e-government and advanced communication and content related services.

NEWS IN BRIEF

Santander Totta elected 'Bank of the Year'

Banco Santander Totta will be honored Thursday in London as 'Bank of the Year in Portugal' by the magazine 'The Banker' for its support of small and medium enterprises during the global economic crisis. "The award takes on special relevance considering that this was one of the most difficult years for the banking sector, nationally and internationally", Santander Totta said in a press release.

Renewable energies to save €13bn by 2015

The renewable energies sector will represent accumulated savings for Portugal of more than €13 billion between 2005 and 2015, according to a study released last week. The study by consultants Deloitte and the Portuguese Association of Renewable Energies estimated that in 2015 the sector would represent a total of €4 billion, or 2.4 percent of GDP, twice as much as last year.

Luanda still world's most expensive for expats

The Angolan capital, Luanda, continues to be the world's most expensive city for expatriates, says the ECA Worldwide Cost of Living Survey. Tokyo, Oslo and Copenhagen, respectively, followed Luanda in the twice-yearly ranking compiled from a basket of goods and common services. ECA also put Luanda as the most costly city for foreigners last year.

Portugal says it won't heed IMF recommendation to hike VAT

The Portuguese government said last week it will not follow recommendations by the International Monetary Fund to raise Value Added Tax, currency fixed at 20 percent.

Portuguese energy firm wins UK contract

Portuguese firm Self Energy has won a contract to improve energy efficiency in some of London's main public buildings, company sources said. CEO Miguel Matias told the Lusa News Agency the project begins next month and will generate yearly revenues of €3 million for Self Energy. The Portuguese energy firm, which expects to post sales of around €12 million this year, is working in partnership with British power company E.ON Energy.

Lisbon, Chile sign MOU for renewable energy cooperation

Portugal and Chile have signed a memorandum of understanding for broad cooperation in renewable energies. "There will be cooperation at every level from the viewpoint of platforms of research and technical cooperation, but energy will also certainly be represented strongly in future business missions", Lisbon's state secretary for energy and innovation, Carlos Zorrinho, said.

He said the bilateral MOU underlined Portugal's international "leadership" in the field of renewable energies. The accord was signed in the presence of Portuguese Prime Minister José Sócrates and visiting Chilean President Michelle Bachelet.

New jobs support programmes to cost €74mn

The Portuguese government has announced two new programmes to aid job support and creation at a cost of €74 million with the aim of helping 361,000 workers. Labour Minister Maria Helena André said the plan to prune employers' social security contributions on minimum wage payrolls by one percent would affect 341,000 workers and cost the treasury €24 million. A second jobs training programme for 20,000 in several sectors would cost €50 million, André said.

Minimum wage will rise to €600 by 2013, says union

Portugal's minimum monthly salary should reach €600 by 2013, the head of the CGTP trade union federation said last Friday. Reacting to an announcement by Prime Minister José Sócrates that the minimum wage will be raised to €475 from January 2010, CGTP secretary-general Manuel Carvalho da Silva forecast the minimum monthly remuneration would rise to €600 by 2013. Carvalho da Silva said Portugal's minimum salary, among Europe's lowest, has been raised in response to pressure from the CGTP.

Dairy sector gets €4m EU bailout

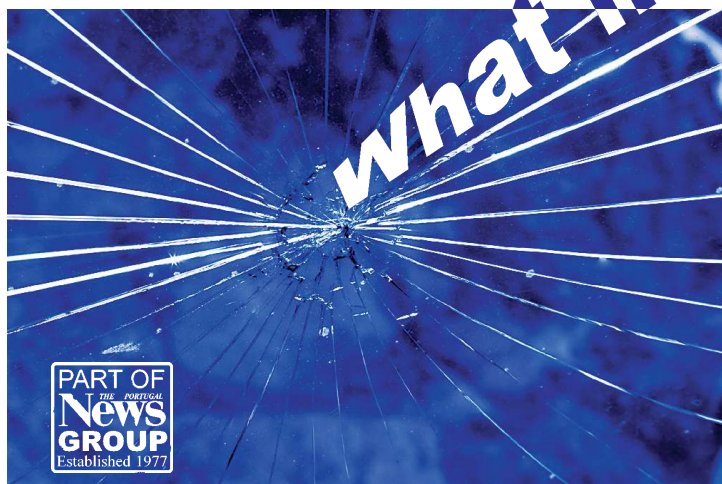
Portuguese dairy farmers will receive a total of €4 million in EU subsidies from a €300 million bailout recently approved by the European Commission, officials said. The cash will aid dairy farmers affected by plummeting milk prices since the summer. Farmers across Europe have staged protests in recent months to demand more financial assistance from Brussels.

New road transport rules

New regulations modernising the rules governing road transport that came into force this week are expected to generate administrative savings of €190 million a year. The so-called road package simplifies and clarifies the legal framework for the 900,000 European road transport undertakings engaged in the transport of goods or passengers.

Cape Verde plans to develop port as an Africa, Brazil, Portugal trade link

Cape Verde aims to develop the main port on São Vicente island as a trade hub for goods from Brazil and Portugal to reach West African markets, an official said. Franklin Spencer, CEO of Praia's ENAPOR port management authority, told Lusa that as an ECOWAS member state it has preferential access to a market of over 200 million people. *TPN/Lusa*



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2009 confirmed as Alentejo's 'Best Year'



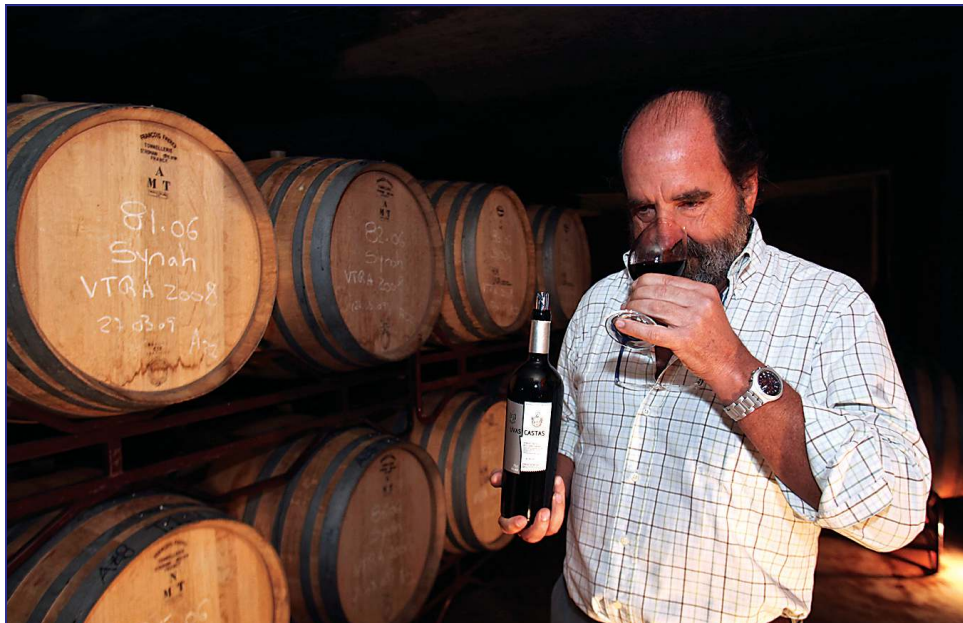
The President of the Alentejo Regional Tourism Board (ERTA), Ceia da Silva, has said that his region is currently experiencing the "best year for tourism ever", particularly concerning the number of nights spent by tourists in that region and despite the global economic crisis.

António Ceia da Silva explained that this year nights spent in the Alentejo this summer rose by 30 percent in comparison to last summer.

More noticeable was the increase in the number of Portuguese tourists spending nights in the Alentejo.

"Based on data from the National Statistics Institute up until the end of October, we are currently in the midst of the best year for tourism ever in the Alentejo", he said.

Ceia da Silva believes this is a significant result for the region and may have been spurred by



Portuguese wine to combine the characteristics of the Alentejo and the Douro growing regions named 'Uvas Castas' features a split label launched in Beja in the Alentejo in October this year. (Photo: Lusa / Nuno Veiga)



António José Ceia da Silva, President of the Alentejo Tourist Board.

various promotional campaigns, such as the 'Discover a bigger Portugal' and the 'In the Alentejo there is More' publicity drives. Both campaigns were devised by the ERTA.

The tourism executive further revealed that next year the region will host gastronomic events "of excellence", boosting wines produced in the Alentejo, as well as a "great international event" from May 3rd - 9th which will establish the Alentejo as the "capital of national gastronomy".

Other events the ERTA has planned for 2010 include a four-week gastronomic affair featuring pork, lamb, gazpacho and tomato-based dishes, and game.

Earlier this year Ceia da Silva confirmed that a dedicated 'Tourism Observatory' was in the pipeline to oversee all statistics relating to the tourism sector in that region, in the wake of what was an outstanding year. The future observatory is expected to be given the green light by the end of the year.

The project is being developed by the ERTA in association with Évora University and the Polytechnic Institutes of Beja and

Portalegre.

It is thought that the Observatory will commence its functions in 2010.

TAP forfeits stake in Air Macau

Portuguese carrier TAP and Banco Ultramarino have had their jointly held 20 percent shareholding in Air Macau cut to 0.1 percent due to failure to join a restructuring plan led by Air China, company sources said this week.

Air China said in a statement

it has injected 158.7 million patacas into Air Macau to boost its controlling share from 51 percent to 80.8 percent.

Other shareholders "opted not to contribute" towards this capital raising and so have reduced stakes, explained the Chinese airline.

TPN/Lusa

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Real World Politics

Copenhagen is turning into exactly the sort of shambles everybody feared it would be. The only official text still has almost two thousand square brackets indicating points of disagreement, although there is less than two weeks to go. And now all the rival, unofficial texts are starting to emerge.



'Climate debt agents' from the Danish organization MS ActionAid demonstrate outside the Bella Center the venue of the ongoing COP15 Climate Summit in Copenhagen on 9th December. Governments are set to seal an 'ambitious international climate change deal in Copenhagen' during the UN Climate Change Conference from 07 through 18 December 2009. (Photo: EPA/Keld Navntoft)

The first to be leaked was a Danish proposal that was backed by a number of other industrialised countries. It would simply scrap the Kyoto protocol, the only legally binding treaty in existence that makes countries reduce emissions, and ditch the measures it contains on financial assistance and technology transfer to poor countries. A new treaty would be constructed on a green-field site, with everything up for grabs.

The developing countries, needless to say, were furious – but in the next few days the BASIC group (Brazil, South Africa, India and China) will release its own proposed text. The least developed countries, the African bloc and the overall G77/China grouping are also expected to present their own texts, as are the small island states.

The last group, unsurprisingly, is threatening to veto any outcome that does not create a legally binding treaty, because it contains a number of small island countries that are likely to disappear entirely if the sea level rises even a metre. Yet it is very hard to believe that a binding treaty can be negotiated in the next seven or eight days – the conference ends on 18 December – and in the end the island states will probably be bribed and bullied into accepting something less.

One hundred and ten heads of state will show up for the final couple of days, so SOMETHING will have to emerge that can be represented as a success. But it is likely to be merely a ring-fencing statement of principles that steers around all the unresolved disputes, and then everyone will go home leaving the job half-done.

But cheer up. "Last chances" are rarely what they seem. The job of removing all the square brackets from the text will probably be resumed early next year, with the goal of bringing something closer to a final draft back to another Conference of the Parties as soon as possible. (This is COP 15, and COP 16 is already scheduled for Mexico City next summer).

So what does this process remind you of? If it were all happening within one country, and the blocs of states manoeuvring at Copenhagen were just local interest groups defending their turf, then you would recognise it instantly. It is the normal political process we are all familiar with, transposed to the global scale. And that is new.

It is hard to celebrate a process as clumsy, and occasionally as ugly, as the horse-trading and arm-twisting going on at Copenhagen, but that is how human politics works. We may all recognise that there is a global emergency, but every government still has its own interests to protect. Nevertheless, we have come a long way.

Seventy-five years ago there were only about fifty independent countries in the world, and more than half of the human race lived in somebody else's empire. The one existing international organisation with any pretensions to global authority, the League of Nations, had collapsed, and we were entering the worst war in the history of mankind.

Forty years ago, there was a new, more ambitious global organisation, the United Nations, created mainly to prevent more such wars, and in particular a nuclear war. There were a hundred independent countries, many of them dictatorships, but they did represent the interests of their people better than the empires. The world was divided ideologically between East and West and economically between North and South, but the realisation was dawning that in some sense we were all in the same boat – and in the end we did avoid nuclear war.

Now there are 192 governments at the Copenhagen conference, most of them democratic, and they KNOW that we are all in the same boat. That's why they are there. So now, for the first time in history, we have real global politics. It is as messy and incoherent as politics at any other level, but it is better than what we had before.

There are those on the right who think that climate change is a left-wing plot to impose a world government on everybody, but nothing of the sort is remotely likely. Those who built the first atomic bombs were not plotting to create the United Nations, nor did the scientists who first detected global warming have the Copenhagen conference as their ultimate goal.

We are all just dealing as best we can with threats that require a global response. We bring our old political habits with us, because there is no better model available. And yes, if we succeed, the world will be more politically integrated than ever before. Not because it is desirable – on that there are many possible views – but because it is necessary.

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Army ready to boost Afghan troops says General



The Portuguese Army will be ready to respond to any decision by the government to send additional forces to Afghanistan, Chief of Staff General José Pinto Ramalho has stated.

General Pinto Ramalho told Lusa News Agency the scheduled dispatch of a commando company to Kabul next month was a prior decision, unrelated to President Barack Obama's announcement US forces would be beefed up in Afghanistan and his appeal for allies to do the same.

Portugal already has two Operational Mentoring Liaison Teams deployed in Afghanistan with NATO forces.

In a related story, NATO's response to American calls for more troops to be sent to Afghanistan has been "positive", Portuguese Foreign Minister Luís

Amado said between talks with NATO opposites.

NATO has asked its 25 member states to contribute an extra 7,000 military personnel for its Afghanistan mission. Portugal's top diplomat said "there is no alternative" course of action for NATO countries.

Minister Amado had said last week that Lisbon would review its Afghanistan military deployment, to stand at 250 personnel sometime this month, in the light of Washington's move to dispatch 30,000 new troops to the war-torn state.

TPN/Lusa



Portuguese military medical personnel arriving in Kabul in July. (Photo: Lusa / Tiago Petinga)

EU nations grant asylum to 76,300 in 2008, 70 in Portugal

The 27 European Union Member States granted protection to 76,300 asylum seekers in 2008. The country which accepted the highest number of asylum seekers was France with a total nearing 12,000, while Portugal limited itself to accepting 70 requests, or 0.1 percent of the EU total, though the country was amongst those with the highest acceptance rates.

The largest groups of beneficiaries of protection status 1 in the EU27 were citizens of Iraq (16,600 persons or 22 percent of the total number of those granted protection status), Somalia (9,500 or 12 percent), Russia (7,400 or 10 percent), Afghanistan (5,000 or 7 percent) and Eritrea (4,600 or 6 percent).

In Portugal the majority of the 70 official asylum seekers are from Somalia (20 individuals, or 27.9 percent of the total), Colombian (ten people) and Sri Lankan (five people).

Within the EU a total of

281,129 asylum requests were analysed, 105 of which were processed and decided in Portugal. This data on the results of asylum applications in the EU27 is taken from a report 2 issued by Eurostat, the Statistical Office of the European Communities.

In 2008, the highest number of persons granted protection status were registered in France (11,500), followed by Germany (10,700), the United Kingdom (10,200), Italy (9,700), Sweden (8,700), the Netherlands (6,100) and Austria (5,700).

The rate of recognition varies considerably among Member States. The highest rates in the first instance were recorded in Poland (65 percent), Lithuania and Portugal (both 64 percent), Austria (62 percent) and Denmark (58 percent), and the lowest in Greece (less than 1 percent), Slovenia (3 percent), Spain (5 percent), the Czech Republic, France and Romania (all 16 percent).

Lisbon Treaty turns Committee of the Regions into 'subsidiarity' watchdog



For the first time, Europe's elected regional and local representatives can challenge new EU laws they consider to be in breach of the so-called 'subsidiarity' principle – the principle that decisions should be taken as closely as possible to the citizens – at the European Court of Justice.

Having requested this right for fifteen years, and finally having obtained it in the Lisbon Treaty, the Committee of the Regions (CoR) fleshed out its implementing provisions just days after the entry into force of the new EU Treaty.

Meeting in plenary session from 3-4 December in Brussels, CoR members decided that, in future, they can refer EU laws which infringe the subsidiarity principle to the Court of Justice by a simple majority.

The Lisbon Treaty improves

the standing of regions and cities in the European Union's political system and boosts the institutional role of their representative body in Brussels, the Committee of the Regions, throughout the legislative process.

In addition to extended consultation requirements during the adoption of EU legislation, the CoR now also has the right to bring legal actions before the European Court of Justice in two instances: To protect its own institutional prerogatives, and to

request the annulment of new EU legislation that it considers being in breach of the principle of subsidiarity, in the policy areas where the EU Treaty requires that the CoR be consulted.

Committee of the Regions President Luc Van den Brande (BE/EPP) highlighted that, after years of negotiations with the EU member states and the other institutions, obtaining the right to initiate infringement proceedings at the Court of Justice is a great achievement in itself.

"We see this new right to challenge EU laws in court more as a deterrent than an actual threat", adding: "We are convinced that this new possibility will deepen our relations with other EU institutions and national parliaments."

"We will exercise this right with caution, but with great conviction in cases where we feel it is necessary to defend the subsidiarity principle in EU law-making. However, we hope that there will be swift implementation of all of the Lisbon Treaty."

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Albufeira welcomes hundreds of Thomas Cook travel agents



Four hundred Thomas Cook travel agents gathered in Albufeira this week to see what the city can offer their customers.



On Sunday last weekend around 400 Dutch Thomas Cook travel agents visited Albufeira after being invited by the city's municipal promotional agency APAL to get better acquainted with that particular part of the Algarve.

Municipal executives and local shop owners alike put on an enthusiastic welcome reception for the travel agents who were chosen for being Holland's top-400 Algarve holiday selling agents.

Thomas Cook Netherlands is one of the Dutch market's largest tourist operators and is responsible for sending some 25,000 visitors to Portugal every year.

Around 19,000 opt to discover the Algarve, with Albufeira being one of the more popular destinations promoted by the operator, which chose to launch its 2010 travel brochure in the Algarve.

While in the Algarve the agents were welcomed to Albufeira with flowers and drinks as well as a performance by the Albufeira Folk Dancing group.

A visit the 'Old Town' Albufeira was also on the cards, as was a drink in the Engº Duarte Pacheco square, served by the 'Barmen of the Algarve' Association.

Samples of regional produce were also part of the agenda, on Praia da Falésia.

The four-day event was sponsored by Quinta do Mel, Agroturismo, the Portuguese Tourism Board and the Regional Algarve Tourism Board.

Sea pollution exercise in Portimão



A sea pollution exercise coordinated by the Portuguese Navy, part of the 'Plano Mar Limpo' campaign, was carried out in Portimão last week to test and integrate new elements into the operation.

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The simulation, named 'Arade 2009', involved several elements from Portimão's Port Authority, the Municipal Civil Protection and students from the Environmental Intervention Techniques Department of the Algarve University.

According to the coordinator of 'Plano Mar Limpo', captain Osório Beja, "it was positive, because we had the opportunity to test and train the units necessary to combat these types of accidents with hydro carbonates spilled in the sea", adding "we

verified that with the means used, we could battle against a spill of around 50 cubic metres with success."

The scenario for the exercise was a crude oil spill just off the Praia da Rocha coast. To prevent eventual environmental pollution, two hydro carbonate collection posts were placed, one in Ferragudo and another near Portimão Naval Support, whilst teams participated in cleaning the beach. Besides the use of vehicles, boats able to navigate in shallow waters were used.

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Spar-voeiro

International supermarket chain Spar has recently inaugurated its first establishment in Carvoeiro, in Vale Centeanos.

Measuring 2,000 square metres the new Spar is located in a renovated shop and is situated in the heart of some of Carvoeiro's best known resorts.

As well as offering its clients a cold meats and fresh bread counter it will also stock a huge range of fresh produce as well as own brand products.

Spar Carvoeiro will create four jobs and is situated in the Algarvesol shopping centre, shop 12, open every day from 08h00 to 19h00.

With its latest acquisition the Spar chain now has 25 supermarkets from North to South of

Portugal and follows on the recent opening of a supermarket in Praia da Luz.

Its objective is to expand to 30 stores by the end of the year, the company said in a statement sent to **The Portugal News** this week.

Spar was founded in Holland in 1932 and is currently the largest food retail chain in the world, with more than 12,000 shops in 3 countries and on four continents.

Some 250,000 people are currently employed by the brand. Portugal's first two Spar supermarkets were inaugurated in 2007, in Aljezur and Olhão.

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Race is on for 'The Track Apartments'



Parkalgar, owning company of the Algarve Motor Park (AIA), have this week initiated sales of the racetrack-side tourist apartments, aptly named 'The Track Apartments', which offer a guaranteed return on investment during the first three years.

Making up part of a luxury tourist complex, as well as the apartments the project includes a 194-room five-star Radisson Blu hotel.

'The Track Apartments' comprise 160 unique tourist apartments, divided into seven buildings, varying between one-bedroom apartments and three-bedroom duplexes.

Surrounding the apartment blocks will be extensive leisure areas, which amongst other attractions will feature an outdoor swimming pool, tennis courts, playing fields, and a reception.

Owners will be able to enjoy all of the facilities on offer with the acquisition of a 'Track Apartment', which also includes tickets with access to the race paddocks, VIP passes with access to hospitality boxes, driving courses, karting lessons, discounts on merchandising, VIP

parking, and privileged access to neighbouring golf courses.

Furthermore, each apartment block is assigned one day per year (for 10 years) when owners can use the AIA's racetrack.

The promoters guarantee a return income on investment for the first three years as well as an eight to 10 percent rise in annual value of capital invested.

Currently described as one of the best present-day circuits, the AIA is one of Portugal's most innovative projects and in 2009 welcomed some 500,000 visitors to the many events it held.

It was recently awarded the title of 'Motorsport Facility of the Year' by the 'Professional Motorsport World Expo Awards 2009' which annually awards the best teams, personalities, technologies and infra-structures from the world of racing.



A computer generated image of what the apartments located around the Algarve Motorpark will look like once completed.

Hotel occupancy fails last year's figures

November hotel occupancy figures in the Algarve have fallen short of those registered during the same month last year. Overall, this year, around 13 percent fewer people stayed in hotels in the region.

This was confirmed by the largest regional association in the tourism sector, AHETA – The Association for Algarve Hotels and Tourist Resorts.

Global occupancy in the Algarve last month was 29.7 percent, 13.4 percent less than in November 2008, AHETA calculated.

By areas, the most noticeable absence of tourists were felt in Carvoeiro, Armação de Pêra

(where occupancy dropped by 27.5 percent), Lagos and Sagres (down 22 percent) and Albufeira.

However, a handful of areas did register a rise in the number of hotel rooms being occupied, mainly in Vilamoura, Quarteira and Quinta do Lago (up by 20 percent).

Nevertheless this was not enough to make up for losses in other areas.

By category, the most significant drops in occupancy were noted in two and three-star tourist apartments and resorts, as well as in three and four star hotels and apart-hotels.

Regarding nationalities, the British market dropped by 31.7 percent, in comparison to last November. More significantly, there were 85 percent fewer Germans spending a night in a hotel in the Algarve last month.

Portugal's oldest tree rooted in the Algarve

The olive tree at the Pedras d'El Rei tourist resort, in Tavira, is over 2,000 years old, making it Continental Portugal's oldest tree and one of the 409 trees classified as being of public interest.

Portugal's National Forest Authority (AFN) classified the massive olive tree as being of public interest due to its great size, age, shape and rarity, as well as for historic and cultural reasons.

According to AFN's Public Interest tree list, the cork tree is the species that is included most often in the list, with 42 entries among the 409 total.

One of them is the Águas de Moura tree, in Palmela, as it is considered the most productive cork tree in the world: it produces enough cork for 100,000 bottle corks, 25 times above the average contribution from a cork tree. Portugal also has the tallest eucalyptus tree in Europe, reaching 72 metres in height, and the oldest oak tree from the Iberian Peninsula, which is 500 years old.

The olive tree at the Pedras d'El Rei resort, in Tavira, is Portugal's oldest tree and ages as far back as the Roman civilization. It takes five men to hug the tree around its perimeter.

A chestnut tree in Lagarelos, Bragança, is famous for being the tree with the biggest trunk; it takes no less than 13 men to circle its perimeter.

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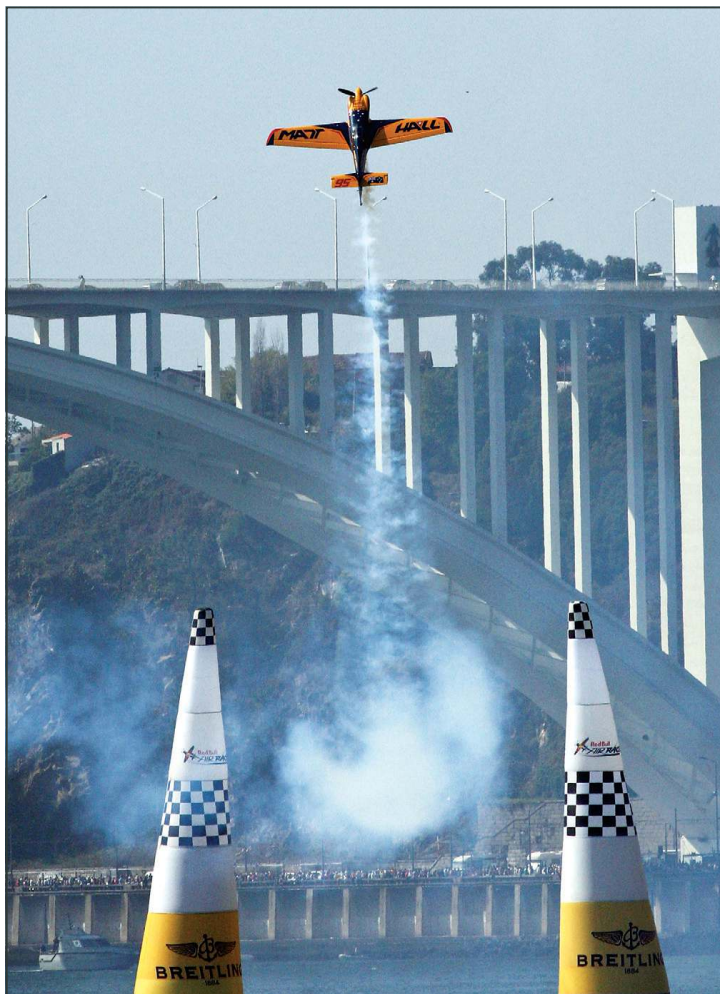
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Australian pilot, Matt Hall flies his Edge 500 aircraft over the Douro River during the Red Bull Air Race World Series in Porto, northern Portugal, 13 September 2009. (Photo: João Abreu Miranda / LUSA)

Red Bull Air Race stalls in mid-air



After it was announced the Red Bull Air Race might be taking place in Lisbon instead of Oporto, several institutions from the North have reacted negatively, appealing for a boycott of the sponsors. The Red Bull organisers have acknowledged these reactions and are now considering moving the event to Spain.

According to the Público newspaper, a source dealing with the negotiations between Lisbon Council and the Red Bull organisers has said that Oporto's objections could jeopardise the event's future in Portugal. "It seems that, in the North, people would rather see the event in Spain than in Lisbon" he said, adding that the transfer to the capital would not incur a greater investment from the State, as has been claimed in the past month: "In theory ... the financial support from the State could be less, since Lisbon is able to attract more internal and external part-

ners" the source explained. "Next year there will be races in New York, Rio de Janeiro, Marseille and, for the first time, in an African city. Red Bull wanted to maintain the stage in Portugal, but, given the repercussions of the turmoil, it is possible that they will choose a Spanish city."

Rui Moreira, chairman of Oporto's Commercial Association, says the commotion could make sponsors leave the event "And then it won't come to Lisbon or Oporto. It is all going to be ruined here and there is no lack of interested European cities" he said, adding that "Sponsors are

free to do what they want, but what matters to me is the use of public funds."

According to Público newspaper's source, Red Bull were always interested in holding the event in Lisbon, but, due to financial struggles at the time, the event took place in Oporto in 2007.

With the planes flying faster every year and given the physical limitations of the Oporto race (lack of space), Red Bull have shown interest in returning to their original plan and moving the event to Lisbon, but now it all seems to be heading in the wrong direction.

CCTV still a possibility for downtown Lisbon



Lisbon's Mayor António Costa has said the process to install CCTV cameras in Lisbon's downtown might begin again as the National Data Protection Committee is now better informed.

"I think the National Data Protection Committee did not have access to all the information, which allowed it to reach an unfavourable decision in the downtown area" said the Mayor. António Costa now believes the request for the permanent installation of CCTV cam-

eras can be made again, hopefully with a different outcome, as the council and the Internal Affairs administration have been working together in acquiring crucial information.

The National Data Protection Committee has allowed the use of CCTV cameras in Bairro Alto,

in Lisbon, for six months, which will be followed by an evaluation of the process. Regarding the 'Pombalina' downtown area, the process was denied as the council's proposal did not demonstrate well enough how the CCTV's would be used in conjunction with the law.

First band confirmed for Rock in Rio 2010



British band Muse is the first band that has confirmed its presence at the biggest music and entertainment festival in the world, the Rock in Rio - Lisbon 2010.

Days after filling the Atlântico Pavillion in Lisbon and receiving praise from both fans and critics, Muse have confirmed they will be returning to Portugal on May 27th 2010 to close the 'World Stage' at Rock in Rio.

Tickets for the Atlântico Pavillion concert, which took place two weeks ago, sold out three months beforehand and in Paris 70,000 tickets were sold in just four hours, making Muse

one of the most successful performing bands at the moment.

It will be their second time at Rock in Rio, their first being in 2008, when they helped fill the 'Rock City' with 90,000 fans.

In the 2010 festival, Muse will be presenting their seventh album, 'The Resistance'.

The Rock in Rio - Lisbon 2010 will be taking place at the Bela Vista Park on 21st, 22nd, 27th, 28th and 29th May 2010.

www.the-news.net

Castilho Fashion Street hits the capital

The Castilho road, in Lisbon, will be hosting the 'Castilho Fashion Street' this Saturday, an event that will bring music, fashion and solidarity to Lisbon.

LED lights take over Portugal's streets

Lisbon's electricity bills over the festive season have been reduced by as much as 90% this year as the Council has resorted to LED lights for its Christmas lighting, which cost over €1 million to install in the city's main streets; as have many other cities across Portugal.

Despite incurring a larger investment than previous years, Lisbon's Christmas lights this year have become more environmentally friendly with LED lights, which reduce energy consumption by around 70%. Over 2.3 million lights were purchased with the council's €1.077 million investment. Other cities such as Coimbra, Viseu, Viana do Castelo, Óbidos, Gaia and Faro have also opted for the more eco-friendly lighting: "Around 80 percent of the Christmas lighting market is microlights and LED [Light Emitting Diode] technology, two solutions for low energy consumption" said Carlos Macedo, manager of Teixeira & Couto, the lighting company in charge of Coimbra, Viana do Castelo, Albufeira, Amarante

and other councils' Christmas lights.

According to the company, savings can reach up to 90% in energy consumption, but the final cost is still superior due to the high cost of LED lights. "An LED can cost over 40% more than a microlight" said Carlos Macedo, whose company does no longer use lights that consume over 10 watts.

However, environmental organisation Quercus' vice-president, Francisco Ferreira, says these low energy consumption lights should be used elsewhere, as savings are irrelevant in such short periods of time, when compared with public street lighting. "There [in public street lighting], Councils should invest in low consumption lights."

The 'Cottas Club Jazz Band' will be keeping the crowds entertained with a street performance throughout the day, and the fashion show will be displaying all the latest garments on a 'red carpet' style catwalk. Twenty shops, which represent around half of the shops on the busy shopping street, are associated with the event.

A percentage of the profits will go towards the 'Ajuda de Berço Associação', which takes care of children, aged up to three years

old, and pregnant women who are unable to support their future children.

It is the first 'Castilho Fashion Street' event, and it seeks to promote local commerce in the surrounding area and help associations in need.

Being supported by Lisbon Council, a further four events are already planned for 2010, with the Spring/Summer, Autumn/Winter collections, as well as the Valentine's Day and Christmas events.

Estoril Casino Poker Open finals in December



With a prize pool of over €60,000, the main and final event of the Estoril Casino Poker Open season will take place between 18th and 20th December.

Over 200 participants are expected to compete in the final poker tournament of the season at Estoril Casino, as this year the buy-in for the finals is a modest €300 + €30 buy-in for direct entry. Those who do not wish to pay this sum to enter the final still have the chance to participate in the final two

MTT qualifiers, taking place on December 12th and 17th at the Casino, at 19h00, with a €30+€5 buy-in, re-buys and one add-on of €25. Four qualifiers have already taken place, and a total of twenty poker players have already qualified for the event by winning competitions held throughout the year.

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Dunas Douradas Beach Club – International Property Awards

European property market has cause for celebration, so has Dunas Douradas beach club in the Algarve.

Leading property professionals from right across Europe were out in full force as the results of the European Property Awards in association with CNBC Arabia were announced on October 16th.

As with all competitions there can be many entrants but only a certain number of winners and these were revealed at a gala presentation dinner at The Marriott Hotel in London's Grosvenor Square. The turn out was tremendous with a total of 600 guests and presenter for the evening was Des Kelly, the well-known sports columnist and former acting editor of The Daily Mirror.

During this event Dunas Douradas Beach Club received awards for "Best Architecture Portugal" and "Best Apartment Portugal". This double recognition shows the quality of this five-star resort, with its 132 premium apartments and 8 villas for long and short-term rental.

The jury considered detailed attention to the architecture not only on the exterior, but also the interiors designed for modern living. Beautifully located within

the Golden Triangle of the Algarve, rubbing shoulders with Vale do Lobo and Quinta do Lago, Dunas Douradas Beach Club offers a Clubhouse with Gym, Spa, exterior and interior Pools, Kids Club and an attractive variety of Bars and Restaurants.

The European Property Awards are part of the globally respected International Property Awards, which have been running for 15 years. Due to their continual growth in size and standing, a series of other programmes for specific regions have also been launched. The Daily Mail UK Awards were introduced five years ago and these were joined more recently by individual programmes for the European, Arabian, Asia Pacific, African and Americas Property Awards.

There are 36 different categories in total and four and five-star awards are given to the best residential and commercial entries.

Supported by a host of well-respected professional bodies such as FIABCI, NAEA, NHBC and NAR to name but a few, the awards are judged by an independent team of experts in the property, design and construction fields, together with property writers and sponsors.



Evvy Ougendal (in the centre), director of Dunas Douradas Beach Club.

Pay for spinal adjustment with gifts for children

The Centro Quiroprático de Portugal would like to announce its annual Portimão Christmas party and charity drive on Dec. 18, 2009. As in past years, they will be collecting gifts for the children of Casa Bom Samaritano in exchange for a spinal adjustment. All existing patients are invited to join in on the holiday

fun between 4 and 7 pm, please contact Maria Jose Nunes at 282482817 or 916005405

The centre says "Together, let's bring some good old fashion Christmas cheer for the children while allowing Dr. Helder Prazeres to show his gratitude to all of his loyal patients by giving them the gift of improved health".

St Andrew's Ball at Le Meridien in Portimão

Saturday the 28th November saw the St Andrew's Society of the Algarve celebrate St Andrew (Scotland's Patron Saint) with a wonderful Ball at Le Meridien, Portimão. The guests, all looking stunning, in their kilts and finery were welcomed in to the hotel by Piper Malcolm McGillvray. After a champagne reception the guests moved through to the function room where Chieftain Allison Hohnbaum welcomed everyone, gave a short resume of the importance of Saint Andrew and got the evening under way. The Selkirk Grace was said by Jim Prentice and then the guests settled down to enjoy the sumptuous buffet provided.

During coffee, the special Athol Brose was served and toasts were proposed by Rod Frew.

The Sound of Islay band flew in again especially for the event and guests were soon up on the floor enjoying many traditional

dances. The band comprised of two fiddlers, accordionist and a drummer, all very accomplished. The Eightsome Reel was danced with great energy and was accompanied by Malcolm on the pipes. There were 2 demo dances performed by the Monday Night dancers who practice at the International School.

There was a raffle during the evening which was won by Betty Connelly.

The prize was a hamper packed full with Scottish produce. Proceeds from the raffle will go to the Children's Home, Bom Samaritanos, Alvor.

As is tradition the evening concluded with singing of Auld Lang Syne.

The next function will be the Burns Supper on January the 23rd. 2010 at the Ponte Romana Restaurant, Silves. For more information about tickets or the Society please contact Cathie on 919635246.

More help from the Garbe for Castelo de Sonhos

The Hotel Garbe in Armção de Pêra are organising a Boxing Day Charity Treasure Hunt - a walk around Armção de Pêra for all the family, starting from the Hotel Garbe at 2 pm, entry fee of 5 Euros for adults, all proceeds to Castelo de Sonhos in Silves.

Also their first monthly Prize Quiz Night with Charity Raffle again in the Hotel Garbe on 4th

January starting at 8pm, entry fee only 2,50 Euros with the chance to win a 25 Euros gift card, with raffle sponsored by Diamond Cleaning Services so that all the proceeds of the raffle can be donated to Castelo de Sonhos in Silves.

If you would like to book either event telephone Lynn on 919 266 770.

Prime Wine makes 'special' offer for children in need

Local importer of quality South African wines, Prime Wine, has made a rather special offer to friends and supporters of ACCA (helping children in need in the Algarve) this Christmas.

They have compiled a seasonal selection of some of their most popular wines, reduced them by 10% and offered a further 10% to ACCA for every bottle bought before the 19th December.

Samantha Diamond, ACCA Committee Member, said: "We are thrilled to gain such support. Bill Godley from Prime Wine approached us with the idea and obviously we didn't hesitate to take him up on his offer. We are constantly encouraged by the generosity of local businesses, especially in donating raffle and auction prizes. But direct discounts off their products is a slightly different direction and one that really appeals as it not only earns ACCA vital funds, but raises our profile amongst different communities. We are hoping that next year may bring similar offers of support. After all, in this age of Corporate Social Responsibility, helping local children in

need couldn't be more appropriate."

That said, Prime Wine isn't the only business to offer their support to ACCA, lately, in a slightly novel way. Local Alancil restaurant, 'The Lemon Tree' generously donated 5 euros for every bottle of Chardonnay or Pinotage they sold to their customers in November. They raised an amazing €300 for ACCA in 4 weeks. No prizes for guessing who provided the wines, but we mustn't take any credit away from the Lemon Tree, as they were kind enough to give to a worthwhile cause. It is clear their customers were impressed, too, as some even gave extra once they knew what it was all about.

Could this be the start of a growing trend? We certainly hope so!

In the meantime, you can do your individual bit for children in need in the Algarve by buying a bottle or two for your Christmas table. You can even make up special Christmas selection boxes of 6 if you prefer.

For more information email sam@accakids.com or call Bill Godley, Prime Wine, on 914 666 476.



Why not make up your own special Christmas Selection Box? All wines are selected by Prime Wine and 10% of the price will go to help Children in Need in the Algarve.

Help for Canil São Francisco



The Tavora Fund Raisers held their Xmas Bazaar on Saturday 28th November. The amount raised was 916 euros and this, together with other donations, means that they are able to give 1000 euros to the Canil São Francisco at Loulé. Thanks to all the supporters.



The St. Andrew's Ball

Richard Mayson returns to the Algarve

'There has never been a better time to enjoy Portugal'. These are the words of Richard Mayson, the well-known raconteur and author of many books on Portuguese wines, who returned to the Algarve last week to address members of the Algarve Wine Society at the Vila Sol Renaissance Hotel. Mayson was, of course, referring to the recent Decanter World Wine Awards competition, for which he was Portugal's Regional Chair, and which this year included the largest and most diverse range of Portuguese wines ever. In fact, medals were awarded to over one hundred of our table wines.

During the evening members were introduced to eight different wines. Three of these came from Herdade do Paco Camões, which was recently purchased by the Rodrigues family. They were presented by their winemaker Luis Bourbon – *Zefyro Branco 2008, Zefyro Rosé 2007 and Canto Decimo 2006*. There then followed a tasting of Richard Mayson's own wine from Quinta do Centro – *Pedra Basta 2007* and some 'cask samples' of his *Pedra Basta 2008*. Finally Mayson presented and described samples of *Montes Claros Reserva 2006, Quinta do Têdo 2007 and Quanta Terra 2007 Grande Reserva*, all three of which had been awarded medals at the Decanter World Wine Awards competition.

After the tasting members en-

joyed a fabulous dinner at L'Olive Restaurant prepared by their Executive Chef Martin. The meal started with a *Trilogy of Gravilax & Smoked Salmon with Salmon 'Cappuccino'* followed by *Rack of Lamb with Truffle Mash Potatoes and Black & White Chocolate Mousse with Wild Berries* accompanied by *Tailors LBV 2003 Port*.

After the dinner Richard Mayson happily autographed copies of his books that members had brought with them. All present agreed that it had been a memorable, and most educational, evening, made the more so by the attentive 'service with a smile' by the staff of Vila Sol.

The Algarve Wine Society's 2009 program will conclude with its traditional Christmas lunch at A Colina near Ludo on Wednesday, December 16th. But planning is well under way for next year's calendar, which will start with a tasting titled "Old Friends – New Vintages" on Friday, January 29th at Armação de Pêra and the AGM and Gala black tie dinner dance at Vila Vita Park on Saturday February 20th, 2010.

At the moment membership in the Algarve Wine Society is at its upper limit and there is a waiting list for entry, but if you would like further information about the organization please contact the Secretary, Larry Hampton, by email – hampton@mail.telepac.pt.



Laurinda Rodrigues, Luis Bourbon & Maureen Berger

Muddy Cogs bike rides

Saturday - Movers - 12th December

Starting Point

Salir :- Centre of town, R. Manuel D'Eusebio
Lets meet here at 09.45 ish

Start Time 10.00 am.

Ride details

This weeks ride is around 35km and is mainly on dirt tracks and tarmac!

We pass through some beautiful quiet countryside and there will also be a cafe stop, in Alte. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Sunday - Shakers - 13th December

Starting point

Olhao - Meet in the car parks on the western end of the sea front by the new apartment blocks.

Lets meet here at 09.45

Start Time 10.00

Ride Details

This ride will be around 30 km, but there will be options to shorten or extend depending upon how riders feel. This is a mostly easy and pleasant ride with a cafe stop in Moncarapacho.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, Activity Algarve

Mobile: 913 226 954

E-mail: paul.beesley@sapo.pt

Website:

www.activityalgarve.com

WRVS SOCIAL TEA

Tuesday 15 December at 3pm

in the British Retirement Residence,
Quinta da Fonte, S Pedro do Estoril.

This month we will have 'do-it-yourself' entertainment;
a light-hearted Variety Quiz, with everyone taking part
and having fun!

Our talk will be followed by delicious
home-made cakes, sandwiches and tea.

Minimum donation for WRVS charity 1€.

Everyone is most welcome. Bring a friend!

For more information, please call

Pam at Quinta da Fonte

on 214 688 694

Bowls Algarve League

Only one more series of matches after this one before the Christmas break, so all teams were eager to finish the first half on a high note. Pedras Panthers played host to the Amendoeira Nuts and made a definite statement with a crushing 52-35 victory and eight points. PDF Crusaders made up ground after a bad defeat during the week. They entertained the Alvor Gladiators and took six points to two, winning 58-46. PDF Sinners meanwhile crashed at home to the Valverde Vikings, losing 59-44 and six – two on points. Valverde Vulcans had a day to forget, losing at home to the resurgent Harlequins by 79-40 and by eight points to nil. ABC Cats took on the Tavira Tigers and pocketed another six points, winning by 59-39, continuing their impressive recent form. The final game of the session was between the Alvor Amigos, coming off a good

run of results and the table – topping Alvor Greens. Greens won comfortably by 65-26 and took all eight points to consolidate their position on top.

In a match played earlier in the week, brought forward from the 12th December, Cats went to PDF and took seven points to one off the Crusaders, winning 60-47. Cats therefore have completed their half season and now await the results of the last weekend to see how the teams finish the pre – Christmas session.

Greens are now on 66 points with a game in hand, whilst the Cats are on 61. Crusaders have 52 and Panthers have 51. Gladiators are fifth with 47 points, closely followed by the Tigers who have 46. The Harlequins improve to 43 and the Amigos remain on 36 points, equal with the Vikings. Sinners have 22, Nuts have 14 and the Vulcans are on 12 points.

Alan Clarke – League Director

Student Christmas Concert

The Amigos do Museu, São Brás de Alportel have organised a Christmas concert on Sunday 13th December at 15:00 featuring the students of the Faro Conservatório.

You are invited to go and support the musical and talented youth who will surprise you by

their enthusiasm and virtuosity.

Young talent from the age of 6 to 16, beginners to finalists, will be playing music by Bach, Mozart, Chopin and even Duke Ellington on piano and violin under the direction of Irene Ainstein. Tickets at the door. Refreshments and good company.

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Members of Estoi Rotary Club (back row) visiting their colleagues in Gibraltar, with Gibraltar Club President Raju Alwani (seated centre), President Elect Julian Risso (right) and Assistant Secretary Penny Pilly (left).

Estoi Rotary Club visits Gibraltar

Members of the Rotary Club Estoi Palace International (RCEPI) had the pleasure of visiting their fellow Rotarians at the long established Rotary Club of Gibraltar on Tuesday 1 December 2009.

They were following a long tradition of Rotarians visiting each other at their different clubs, exchanging hospitality and learning more about each other and the respective club's activities.

The Estoi Club members joined the regular weekly meeting at the Rock Hotel. President Raju Alwani of the Gibraltar club thanked the members of RCEPI for making the journey and joining their meeting. Agnete Sylvan, President RCEPI, after exchanging club banners, was their guest speaker and gave details of the membership and activities of her club.

After the meeting members of

both clubs then joined for dinner at a local Moroccan restaurant, the Marrakech, where a traditional dinner was served. Everyone had a great time with much exchanging of stories and experiences.

The following evening the Gibraltar Rotary Club had organised a Christmas bazaar complete with Father Christmas. The Rotary stall selling mulled wine and mince pies was very popular and all monies raised were to be donated to local charities. The Estoi Club members were able to join in the festivities and see how things are done Gibraltar style.

There will be reciprocal visits in the future and development of opportunities to share social and project activities between the clubs.

For further information on RCEPI visit
www.rotaryestoiapalace.org

East Algarve Walks

Tuesday & Friday mornings

For more information contact Brian: 913 595 868,
brian@moonlightservices.eu, www.moonlightservices.eu

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"Best designed (Algarve par 3) layout" - Greg Turner.

"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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*** Subject to availability. No service at weekends.

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M2M Blinds & Flyscreens celebrate another year in business

M2M blinds have recently completed their third full year trading in Portugal. This year has proved to be the toughest since Denny Bird started the business.

Despite a reduction in orders at the beginning of the year, the overall results for this year have been very good. Once again M2M Blinds had maintained the status of being the largest representative in Portugal for *Zanzar Sistemas*, Italy's leading flyscreen manufacturer.

The flyscreens are an excellent complement to the original internal window blinds part of the business, the combination offering more choice for customers. The pleated retractable flyscreen door has increased in popularity this year and has now become one of M2M blinds best selling products with excellent feedback from customers. Denny knows he will have a solution 'to keep the bugs out', despite the several styles of customers' windows, by offering the widest range of flyscreens available in Portugal.

Take a look at the www.m2mblinds.com website to see the full range of quality products and see just a few of the many completed installations in the blinds and flyscreens galleries.

Denny's strategy of selling the best products at the lowest prices has



helped him get through the recession. This is proving to be the right formula with countless recommendations from many happy customers including a place on www.expatfocus.com under recommended companies in Portugal. With a reliable, personal, no pressure, friendly approach to the selling of his products and his expert knowledge gained over the years, you will not get a better service in Portugal.

Denny is looking forward to 2010 with some new ideas and products to add to his, already best in the market place, blinds and flyscreens.

Denny would like to wish all his customers, old and new:-

A very Merry Christmas and a happy New Year.

Andifer brings the spirit into Christmas

With the diet busting month now here, Andifer has some fantastic seasonal delicacies in store to make it a merry Christmas indeed.

If great quality meat at extremely competitive prices is what you want, look no further as Andifer, located in Gil Eanes, Portimão, has some great deals on offer for December.

Being the Algarve's biggest wholesaler, their prices are the best around, as all the meat comes from their warehouse, and their experienced and friendly butchers provide a service which is second to none. Dinis, head butcher and manager, has several cooking courses and is always at hand to give clients meal suggestions that will complement the meat best. Ivo, who went to England many times to learn about different types of cuts, is an encyclopaedia of meat, and also prepares traditional South-African delicacies such as biltong, boerewors or chilli bites.

For the month of December, in true Christmas style, Andifer has meat for all tastes on offer: white meats, mature beef, pork, Irish lamb, stuffings and pork sausages.



They are taking orders up until December 16th, so make sure you place your order in time. Whole turkeys, turkey crowns, beef wellington, beef roasts, English cooked hams, back bacon, gammon steaks, lamb chops, lamb shanks, legs of lamb, chestnut stuffing, traditional stuffing, chipolatas and much more are currently available.

Andifer wishes everybody a Merry Christmas and a Happy New Year.

Fires of Portugal keep the heat up during Christmas

Geoff Waller took over Fires of Portugal with his wife Carol in June 2001, and, with his 'hands-on' approach, has built up a small company with a big reputation, importing and installing the very best in wood burning stoves, with or without boilers, and gas fires.

After arriving in the Algarve in the 80's with a building and plumbing background, Geoff took over Fires of Portugal and now covers everything from servicing existing fires - including glass fitting, web fitting and retouch paint work - to chimney sweeping.

Being a small family owned business, Geoff provides an extremely personal service and is always at hand for advice.

For those looking for a more contemporary wood burning stove, Geoff supplies the locally manufactured 'Fogo Montanha' inset fires, both wood burning and gas. He also imports freestanding gas and wood burning stoves from the UK (the Hunter, Villager and Aarrow ranges), which are traditional style free standing wood burners, some of which have griddles and ash pans, others

with boilers.

With a vast experience of fitting stoves in odd sized Portuguese fireplaces, Geoff is the man that will ensure a trouble free installation. Advice on all aspects of suggested installation and the best possible quotation is offered, and, with the help of the company's own reliable builder, other small works can be undertaken.

Fires of Portugal will fit the fire, test the installation for smoke leaks, and offer advice on using the fire to its full capability.

Geoff can be seen accompanied with his good friend, and client, Chris Ellison (Inspector Burnside from 'The Bill') at the Fires of Portugal home on the picture above, both warming up near the newly installed Hunter fire, which has an integrated boiler powering Geoff and Carol's radiators and hot water. This big output fire is ideal for spacious rooms, such as Geoff and Carol's converted Lagar (olive press).

Fires of Portugal is situated in Salir, just off the EN 124, in Fonte Figueira, north of Loulé. Please ring Carol or Geoff for an appointment.



THIS WEEK'S PROFILES



M2M Blinds

If it's window blinds or flyscreens you are looking for contact Denny on: (+351) 286 518 059 / 932 894 709, email: m2mblinds@hotmail.com, or see their website: www.m2mblinds.com.



Fires of Portugal

For more information, contact Geoff and Carol, of Fires of Portugal, on: (+351) 289 489 958, or mobile: 967 721 209.

Drain King – solving royal disasters



Going to where most people fear to go, Drain King can fix all sorts of problematic drains. Drain King is still reachable 24 hours a day, seven days a week, for emergencies.

Having owned Drain King over one year, Andy Dunn has learnt the ropes of the business and is now in full flow with plenty of job offers.

Using the best high-tech equipment available on the market, Drain King will free even the most stubborn blockages with great ease. The 90 metre fibre optic cable with a camera on the end, in full colour, can see any existing problems, such as protruding roots, cracked pipes or hidden inspection chambers. Andy can locate these hidden chambers with his very precise tracker, causing the least damage possible when exposing it.

Once detected, Andy can clean out any problems with his high pressure hose, which will pulverize anything in its path without damaging any of the pipe network. The pressure from the hose is such that the Drain King van has its own 500 l

water tank, because, if it were to use water from the mains, it would suck the pipes dry.

If the hose is not the ideal answer to the problems, Andy can also replace the pipes for new ones or build up the hidden inspection chambers to ground level, which will allow a much easier access for future inspections. Andy has all the necessary equipment inside the van for any job, not requiring to leave and pick up extra material, which in turn makes Drain King very time effective.

The most common problems Andy has encountered so far are roots growing through pipes, toilet paper clogging up bends or grease accumulating in certain areas. He says most problems happen because pipe work in Portugal is usually badly fitted and so these problems occur with more frequency. None of them pose a threat to Drain King though as problems are fixed without a hassle.

Drain King is based in Figueira and is on 24 hour call for any emergency that might occur, all over the Algarve.



Drain King

For more information, please call Andy on 91 864 73 05, 282 471 335 or email drainking8@aol.com.



Andifer

Located in Portimão, near the train station, Andifer is open from Monday to Friday, between 08.00h till 19.30h. For more information, please call 282 410 590, or visit their website www.andifer.com.

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Take a gander at goose this Christmas

As we hit the festive season Emma Henderson looks at the latest Christmas dinner trends and explore the best way to cook your dish this year.



Delia Smith's slow braised belly pork with bacon, apples & cider

Delia says: "This is a very special recipe which could make a great meal for the family on Christmas Eve. Once assembled, it sits happily in a slow oven for three hours, leaving you free to attend to other things."

900g belly of pork (6 thick cut slices)
250g smoked dry-cured streaky bacon (12 slices)
3 medium Cox's apples (no need to peel)
1 large or 2 medium onions
3 fat cloves garlic
18 juniper berries
18 sage leaves
225ml dry cider
55ml cider vinegar
1 dessertspoon lard (or oil)

Seasoning

A large flameproof casserole with a tight-fitting lid.
Preheat the oven to 140 degrees Celsius/gas mark 1.

In a large flameproof casserole heat the lard to smoking hot. While it's heating trim off any excess fat from the outer edges of the pork and season them on both sides. Now brown them well on both sides, three at a time, and remove

them to a plate before doing the same with the slices of bacon (no seasoning this time).

While that's happening, slice the onions into thick rings, then they can follow the bacon (adding a little more fat or oil if needed). They too should be well browned on both sides. Meanwhile, peel and slice the garlic, crush the juniper berries with a pestle and mortar, and core the

apples with an apple corer, and slice each one into four thick rings.

When the onions are ready, remove them to a plate then, off the heat, wipe the casserole with kitchen paper. Now arrange the onion over the base, followed by the pork. Sprinkle in the garlic and juniper, and follow this by laying the bacon slices on top of the pork. Next scatter the sage

leaves here and there, then arrange the apple slices on top.

Now pour in the cider and cider vinegar and add a little seasoning. Then fit a lid, using a sheet of foil as well to make it really tight. Place the casserole in the centre of the oven for 3 hours. Traditional Braised Red Cabbage and mashed potatoes would be the perfect accompaniments.



Christmas goose with root veg, sticky pears and bramble gravy

(From BBC Good Food Magazine)

For the goose:

4 to 5kg oven-ready goose, trussed for roasting
2 oranges
4 bay leaves
Bunch thyme
3 tbsp sunflower oil
8 medium carrots, peeled but left whole
8 medium parsnips, peeled but left whole
4 turnips, peeled and halved or quartered

For the bramble gravy:

1tbsp golden caster sugar
100ml good-quality red wine vinegar
Half a jar bramble jelly (Tiptree does a good one; if you can't find it, use blackberry jam)
100ml strong chicken stock

For the pears:

6 pears
2tbsp icing sugar
Large bag watercress, to serve

Remove all the fat from inside the bird and use a skewer to prick the goose skin all over, especially under the wings. If you have time to spare (although this isn't essential), sit the goose in a sink, then slowly and carefully pour over 3 kettles of boiling water. Dry with kitchen paper, then leave for 1 hour or so to dry completely. This will help the skin to crisp.

Heat oven to 200C/180C fan/gas 6. Season the goose cavity with salt and pepper and stuff with the oranges, bay leaves and the thyme. Rub the breast and legs with 2tbsp oil and season generously with salt. Lay the carrots in the middle of a very large roasting tin. Sit the bird the right way up on top of the carrots. In a bowl, toss the parsnips and turnips with the rest of the oil and bay leaves, then scatter around the goose. Cover the tin with a large piece of foil, scrunching it up at the sides so it's a tight fit. Place the goose in the oven for 1 1/2 hours.

Take the goose out of the oven. Remove the foil and carefully use a baster to suck out most of the fat from the tin into a bowl. Lightly baste the goose and turn the parsnips. Re-cover with foil and roast for another 1 1/2 hours. Suck the fat from the pan again and baste, then increase the heat to 220C/200C fan/gas 7. Return to the oven without any foil to brown for a final 30-40 mins until golden brown. Remove the

goose from the oven and transfer to a large board or platter to rest in a warm-ish place for 30 mins. Scoop the vegetables out into another roasting tin and keep warm in a low oven. Keep the goose tin to finish making the gravy in.

To make the gravy, remove the oranges from the goose using tongs. Pour off all the fat from the roasting tin into a bowl (it's great used for roasting potatoes). Scatter the sugar into the tin and stir to scrape off any tasty brown bits. Splash in the vinegar, simmer down until practically dry, then stir in the jelly to dissolve, bubble and cook down. Finally, add the stock and squeeze in the juice from the oranges. Bring everything to the boil, then strain into a jug or small saucepan to reheat later.

Peel and halve the pears. Use a teaspoon to scoop out the cores, then cut the pears into quarters. In a bowl, toss the pears in the icing sugar until completely coated. Heat a large frying pan over a high flame and add the pears to the pan. Cook for 1 min or so, tossing constantly, until the pears are really well caramelised and slightly burnt around the edges.

Serve the goose on a platter surrounded by watercress and pear wedges. Serve the slow-roasted vegetables in a separate bowl and the gravy in a gravy boat.

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PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 12 Dec 2009

PROPERTY OF THE WEEK

Three bedroom villa in countryside location, Porches



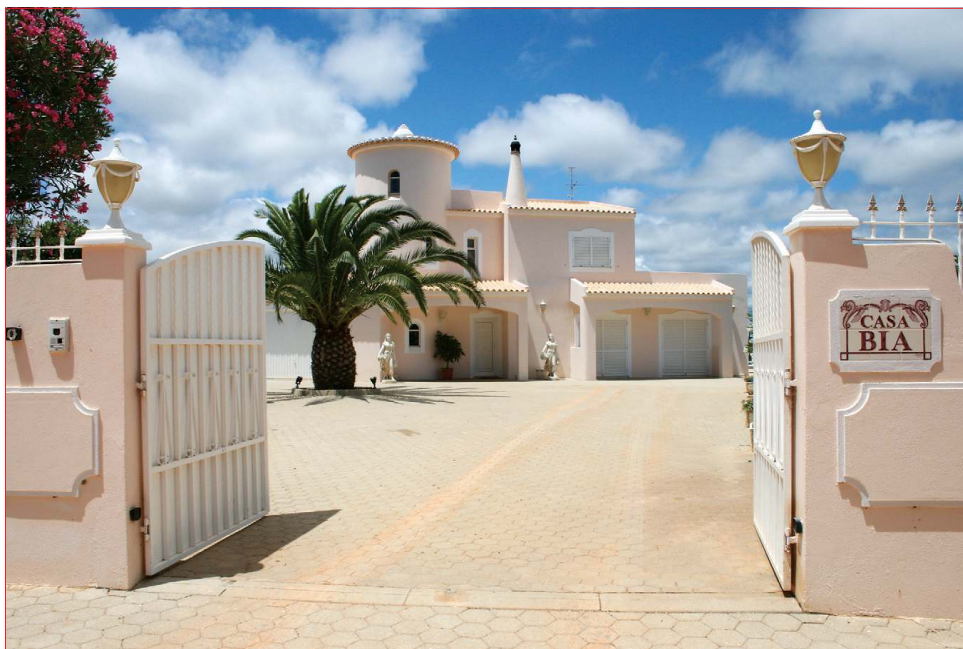
This week's featured property is set in the tranquil countryside of Porches. It is a two-floor, three bedroom villa on a 6,000 square metre plot of land.

Set in a peaceful location this country property comprises three bedrooms, three bathrooms (two of which ensuite) plus a guest bathroom, a large living/dining area, a spacious kitchen with integral appliances and various terraces on all floors. Entered via electric gates and a stone driveway, the property has the added bonus of a large plot of 6,160 square metres and a 10m x 5m swimming pool, with a children's area and outdoor shower. The pool area has additional rooms for storage and pump house, as well as toilet facilities and possibilities for a small kitchenette. The

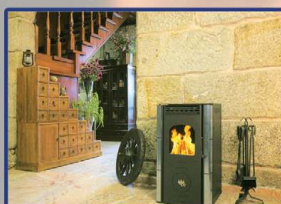
garden has automatic irrigation and the house is equipped with mosquito screens, aluminium shutters, and a video phone entrance system.

It would make an excellent home and is close to several amenities, such as cafés, grocery stores, restaurants, a supermarket and a golf course. It is located near the International School of Porches.

For more information on this property, please contact Abode Real Estate on 282 356 865, email: leohbraun@hotmail.com or visit their website: www.abode-pt.com.



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Tavira
New 5 bedroom villa w/ large pool & small lake enjoying sea views & privacy on landscaped plot of 15.560 m2. Living area of 307 m2 & basement of 192 m2. High quality construction and specifications. Easy access.
Ref: LHV-937 Price: € 1.200.000



Estoi
Unique, modern, split-level villa with pool & guesthouse offering privacy & breathtaking views towards the coast. Covered area: 360 m2, plot: 2140 m2. enjoying Good quality construction.
Ref: LHV-1063 Price: € 1.200.000



Santa Catarina
Lovely 4-bedroom quinta (265 m2) with many typical Portuguese features. Swimming pool & beautiful gardens. Plot of 9840 m2. Spacious double-height living area. Easy road access. Good value for money.
Ref: LHV-866 Price: € 590.000
(Reduced from € 799.000)



Tavira
Luxurious 4 bedroom villa (430 m2 covered area) with swimming pool on preferred location in Tavira. Large living room with adjacent dining area, Italian design kitchen, high quality building materials and finishing. Plot of 1074 m2 enjoying country views.
Ref: LHV-901 Price: € 749.000



Near São Brás
Offers invited! Outstanding 3-bedroom villa (177 m2) with pool & garage (41 m2) set on a 2500 m2 plot offering far-reaching views. Tastefully chosen materials, under floor heating, air-conditioning. Worth a viewing.
Ref: LHV-1066 Price: € 465.000



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VILAMOURA
Ref. A82158
As new 2 bedroom apartment excellently located within walking distance to Marina & Falesia beach. Closed complex w/ large green areas & sw. pool. Constructed area of 100 sq.m. Fully furnished and equipped. Excellent finishes. Air conditioning. Underground parking space for one car and one storage in the basement. Large south facing terrace overlooking garden and pool area. Excellent letting potential.
Price: €225.000,00 (Open to offers)



LAGOS
Ref. EM92594
Lovely villas located in quiet natural setting close to the beach. Plots from 409 sq.m. to 555 sq.m. Constructed areas 134 sq.m. to 142 sq.m. Villas with three bedrooms. High quality finishes. Fully equipped kitchen. Underfloor heating. Pre installed for A/C. Spacious private garden with swimming pool. Beautiful panoramic mountain and country views. Excellent letting potential.
Prices starting from: €385.000,00



QUARTEIRA
Ref. A92621
Apartment fully furnished and equipped located in quiet area only 800 metres from the beach and 500 metres from the City Centre. Consisting of hall of entry and spacious living with brand new kitchen. Bathroom with bath. Spacious bedroom with built in wardrobe. Large balcony with sea views. Air conditioning. Private parking. Quiet residential neighbourhood. Very easy to let for holidays.
Price: €88.000,00



VILAMOURA
Ref. A92614
Excellent one bedroom apartment only 5 minute walk away from the Marina and the Falesia Beach. Complex with communal garden and swimming pool. Constructed area 90 sq.m. Very spacious lounge and bedroom. Fully fitted kitchen. Pre installation for a/c. Enormous terrace overlooking the pool and garden. Private underground parking and storage. Excellent letting potential.
Price: €175.000,00

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Loulé
• Beautiful spacious villa
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Great gifts for gardeners



Looking for that special gardening gift to bring some festive cheer to a loved one in your life?

There's no shortage of choice this year, because you'll be happy to know you don't have to fight with crowds of shoppers as many gardening gifts can now be bought online.

(www.coxandcox.co.uk).

There are some funky, unusual stocking-fillers on offer this festive season, including brightly-coloured Ceramic Baby Ladybirds (www.greenfingers.com)



(www.gardenboutique.co.uk) which will add a touch of pizzazz to your allotment or veggie patch.

For those forgetful gardeners who can never remember where they planted their bulbs, invest in a pack of four stainless steel Seed And Bulb Markers

corner in a contemporary setting, splash out on a set of five spherical Orbits, (www.greenfingers.com), handcrafted using specialist studio glazes in deep blue, red, orange, yellow and soft pink.

For the gardener who has everything, 'Adopt a Vegetable' for



Whether you want to buy a little stocking-filler or a major hamper, there's a gift to suit everyone's budget.

For those seeking some stylish but inexpensive additions to the garden, look no further than some exotic Marrakesh lanterns (www.crocus.co.uk) from North Africa to light up the patio or bring focus to an area. Insert a tealight or candle and they will cast a softly-patterned glow. To be used indoors or out, they come in three sizes.

For a stylish touch to outdoor dining, treat your gardening loved one to some twinkling glass droplets attached to silver metal clips to hold the tablecloth corners down. Outdoor Table Clips come in a set of four

which can be placed in borders to add a surprise element, and painted Root Veg Labels



(www.gardenboutique.co.uk), in a classic tulip shape to remind them exactly what they planted where.

To jazz up a planter or dull

a loved one - the proceeds will help Garden Organic's Heritage Seed Library to save Britain's rarest vegetables from the threat of extinction.



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There are four to choose from: the Tiger Tom tomato, District Nurse climbing French bean, Robinson pea and the Yellow Intermediate mangel (a beet). To adopt a veg, go online to www.gardenorganic.org.uk/aav.

Create an instant herb or flower garden on your patio with a three-tier plant stand made of stained, untreated spruce. It will weather naturally and is best kept in a covered area outside. From crocus.co.uk, it comes with six galvanised pots, so you have everything you need.

If style is the watchword for the woman in your life, buy her a contemporary pink-and-black

But if you really want to push the boat out this festive season, one of the most glorious gifts is the Great Big Garden Hamper (www.giftinspiration.com) which combines fabulous things for gardening with delicious tea-time treats. Items include hand tools, gardening gloves and seven seed varieties (basil, chives, parsley, thyme, sweet William, wildflower mix and butterfly flower).

Pampering contents include mustard bath salts and aromatic apple soap, while afternoon tea is also included, featuring tea, strainer, a box of hand-baked chocolate chunk shortbread biscuits, a chocolate cake and hand-made butter fudge, plus a large jar of Gardener's Chutney. Truly decadent.

If, however, you like the hus-



leather kneeler, handmade from waxed cotton and suede. Fully waterproof and with soft, thick padding, the Handmade Leather Kneeler (www.gardenboutique.co.uk) comes with a handy carrying strap.

tle and bustle of Christmas gift buying similar gifts and more can be purchased at your local garden centre or the garden section of large supermarkets and DIY stores.

Hannah Stephenson

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Why go to Church at Christmas?



If you are a Christian, then the answer is simple, we go to celebrate the birth of Jesus Christ. The fact that it happened around 2,000 years ago doesn't change anything, it was an earth shattering event, so big we re-started the world calendar, and it's a great and wonderful Church celebration for every Christian.

Non Christians, or nominal Christians question why we celebrate on December 25th, and point out that we really don't know when Jesus was born. In the Western world the birthday of Jesus Christ has been celebrated on December 25th since AD 354, partly to replace the pagan worship that was common in those days. Before that date, Christmas was celebrated on January 6th (often known as the night of kings) Let's face it, we can be fairly sure that Jesus wasn't actually born on either date. The Bible tells us that shepherds were staying out in the fields overnight when Jesus was born (Luke 2:8), but in that part of the world it would have been far too cold at night to do so in December, so unless they were masochists it's more likely that He was born in the Spring, perhaps between March and May. Whatever the time of year, it is virtually impossible to identify the actual date. Celebrating

Christmas has been controversial since its inception. Since numerous festivities found their roots in pagan practices, they were greatly frowned upon by conservatives within the Church. The feasting, gift-giving and frequent excesses presented a drastic contrast with the simplicity of the Nativity, and many people throughout the centuries and into the present, condemn such practices as being contrary to the true spirit of Christmas. The earliest English reference to December 25th as Christmas Day did not come until 1043.

So what?

There is an old saying that says, "The devil is in the detail", and satan would certainly rather you spent Christmas time arguing about its history than actually celebrating God coming to earth in the form of His only Son to bring you forgiveness for your sins (and who doesn't need that). And if you don't believe in satan, it's a bit like saying I believe in day but not night, like it or not, one follows the other every day, even if you don't agree with its existence. Early in the book of John he wrote "In him (Jesus) was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it. Is that how you feel? Personally I much prefer the light, darkness is never attractive for me, I even needed a night light when I was a child, I don't think I am alone in that. Jesus said that He was the light, and He came to earth to bring light to all who wanted it. That's what we celebrate at Christmas, the light came into the world. Being human, not everyone likes the light, which is one of the reasons we still see so much evil in our World, but God isn't a bully, we have free choice.

So my challenge to you this Christmas is to go to Church and celebrate the birth of Jesus Christ, God in human form. Take the kids, sing traditional carols, and let that warm glow soak through you. You may have a lot

of questions, ask the Pastor or Priest, I am sure that he (or she) will be happy to answer them, but don't give him a hard time about the date, just accept this is when the whole world celebrates, come and join them.

Rev'd Paul Luckman

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How to have a stress-free family Christmas



As Christmas approaches, kids are getting more excited - and their parents are getting increasingly stressed.



A mum writing a list of everything she wants to do at Christmas.



A Christmas present, bought online.

As well as worrying about how much they'll spend during the festive season, mums and dads are fretting about entertaining the children over the holidays and finding enough time to prepare for everything.

A new survey confirms that many British parents - 64% - find the run-up to Christmas the most stressful time of the year.

Much of the worry (41%) is caused by having to spend lots of money, with 32% brought on by entertaining family and children, and 28% by trying to find enough time to prepare for the big day itself.

And the concern - dubbed Pre-Christmas Tension (PCT) by pollsters - weighs more heavily on mum than dad, as the survey by stationers BIC found that she feels 20% more stressed at Christmas than he does.

Parenting expert Lorraine Thomas, chief executive of The Parent Coaching Academy, says: "Pre-Christmas Tension is something a lot of mums will recognise - juggling multiple shopping lists, general preparations and just

keeping the kids entertained is a tall order."

To help parents deal with the stress, she gives the following family tips:

- The latest must-have toys can often be forgotten and end up discarded after Christmas Day, so remember that the most popular and memorable toys can be the simplest. Activities like skipping, playing ball and colouring are cost-effective and timeless.

- Make your own cards and decorations with the kids - they love spending time with their parents and feeling like they're contributing, and it's much cheaper.

- Get the kids to draw place-cards for Christmas lunch with a picture of the person on the front - and then everyone has to guess which one's theirs.

- Get out and about regularly, so the children can use up lots of their energy.

- Create 'me' time. If you want to be the best parent you can this Christmas, you have to look after yourself.

- Do, dump or delegate. Draw

up a list of everything you want to do this Christmas, and cross out anything that's there because you feel you need to do it rather than want to. Identify anything that can be done by other people, including the kids - and delegate.

Thomas adds: "It really should be about having fun and spending time with the people you care about, so parents need to plan ahead together to make sure they get some quality time themselves."

Part of the extra stress felt by mums may be because this year they're planning to spend an average of £220 (£282.62) on children's Christmas gifts, compared with dads who've budgeted £195 (£250.51).

So it's not surprising that Save The Children has found that almost two-thirds (65%) of families with a household income of less than £30,000 (£38,540) believe they'll struggle financially this Christmas.

In fact, almost a fifth (19%) of those questioned by the charity believed it would take more than a year to pay back the money they spend.

But it's not as if families are all getting their Christmas shopping done early to help spread the financial burden - 68% of British mums confess to finishing purchases for their children only in the week before Christmas.

Last-minute shopping won't exactly help reduce the stress - but taking a few tips from the mums who chat on the parenting network Mumsnet might.

They suggest:

- Do your Christmas shopping online. A nice evening with a glass of wine is preferable to dragging kids around the shops.

- If you're buying for your adult friends, buy them the same thing each. That way you can dispose of them all with one click of a button.

- Put a box for each child out of their reach (on top of the wardrobe, perhaps) and keep all their gifts in there. It saves you loads of time, and you keep tabs on how much you've bought.

- Prepare your Christmas dinner in advance. You can pre-cook and freeze stuffings, bread sauce, cranberry sauce and pre-prepared sprouts. It makes Christmas Day so much easier.

"The run-up to Christmas is a stressful time for most mums, mainly because they seem to end up doing everything and there's so much to do," says Mumsnet co-founder Justine Roberts.

"But many mums also admit that their own striving for perfection is adding to the stress."

"It's helpful to remember that it's just one day, and you can have fun even if you don't quite manage the full Nigella Christmas look."

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Lisa Haynes shows how to glam up with this season's sparkling party make-up.

Got the sparkly accessories and dazzling dresses sussed? Don't even think about stepping onto a dancefloor without a party season makeover to complete your look.

Give the au naturel look a swerve and doll up for glamorous December nights. The party season is your licence to go experimental with colour and dabble in shimmer and shine.

Make-up artist Jemma Kidd says: "At night, dark colours - from neutral greys to rich jewel tones - smoulder and look sultry, while glitter and metallic finishes that seem garish during the day glimmer alluringly and add drama."

Red lips, captivating eyes, or a dash of sparkle, shine like a Christmas star with these after-dark looks.

Dancing queen

If there's one magic ingredient in your make-up bag that's guaranteed to get you in the festive party spirit, it's a touch of sparkle. Think Studio 54 and 1970s glam rock for inspiration.

Piling on the glitz doesn't work for everyone, so use your pot of sparkle sparingly.

Jemma advises: "Glitter eyeshadow is a party look that is most flattering on young, wrinkle-free eyes. As a rule, the younger you are, the more you can use shimmer and glitter."

But there are more subtle ways to introduce sophisticated sparkle to mature skin. Jemma suggests products with a pearlescent finish, which adds flattering light without highlighting creases and wrinkles.

Go for gold (or silver) by conjuring up DIY festive-themed products. Jemma says: "Make your own creme shimmer by mixing silver or gold loose powder with Vaseline. Or for a flash of metal, layer glitter gel eyeliner over dark eyeliner pencil."

Red carpet glamour

You don't have to have George Clooney on your arm at the office Christmas party to channel a Hollywood screen siren.

If your pout is your best feature, striking red lips are your seasonal gift. But the major make-up groundwork with stand-out lip looks is all in the base...

Jemma says: "A perfect radiant complexion is crucial, so make sure you get this right with plenty of prep, an illuminating primer under foundation, a perfect colour match for your base, and the correct formulation for your skin."

"Foundation that is too pale or dark will show up in photographs," she warns.

Working a bold red lip is all about finding the right red for you. Jemma advises experimenting with different tester shades to find one that suits your colouring.

"Striking red lips will draw the eye, so precise application is essential," says Jemma. "For a more subtle red lip, use a sheer lipstick or lip stain with a touch of gloss."



Red Carpet Glamour look by Jemma Kidd

Foxy & fabulous

Grab your mistletoe and make eyes across the room with the object of your seasonal affections.

Put all the emphasis on your eyes with dramatic eyeliner, false eyelash corners, and lashings of mascara for a seductive

heavy-lidded look.

"This look is traditionally achieved with liquid eyeliner but gel eyeliner is easier to apply and gives a similar finish," Jemma suggests. "Pencil eyeliner creates a softer line with blurred edges."

The eyeliner should be the

statement feature in this look so Jemma recommends choosing a subtle eyeshadow that blends with your skin tone.

"Understated lipstick gives the look a soft, contemporary feel," she says, "or for extra va-va-voom, go for glossy berry red lips."

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The spice of life

No, you haven't turned to the Goodfood pages by mistake! For those of you who thought that indulging in a chicken jalfrezi was more decadent than healthy, think again. Research has shown that curries can slow Alzheimer's and protect against cancer. Scientists explain why.

With its steaming heaps of spices like ginger, turmeric, chilli and garlic, a favourite dish can provide not only a tasty winter supper but a number of hidden health benefits as well.

Research has found that curry ingredients have properties which may be able to help us fight off some of today's most prevalent diseases, such as Alzheimer's, thrombosis and possibly even cancer. Why not enjoy your favourite dish while reaping the health benefits?

Turmeric

The yellow spice that gives curry its colour, turmeric, has long been used worldwide as an antiseptic, anti-inflammatory and antibacterial agent, thanks to a chemical present in the spice called curcumin.

Curcumin's medicinal properties are now also thought to be able to protect liver and kidney function, ward off Alzheimer's disease and even kill cancer cells.

Recent research from the Cork Cancer Research Centre found that curcumin started to destroy oesophageal cancer cells in the lab within 24 hours, says Dr Sharon McKenna, who led the research.

"Turmeric has long been used traditionally as an anti-inflammatory treatment, so we were interested in determining its chemo-preventative qualities," she explains, speaking on behalf of the Science: So What? So Everything campaign, which highlights the science behind our everyday lives, including the hidden health benefits of curry.

"We found that it was very effective at killing off the oesophageal cancer cells - surprisingly more effectively than commonly used agents."

Curcumin is already being used to treat arthritis and dementia, while research is also under way to establish its effect on pancreatic cancer, multiple myeloma and colorectal cancer.

US researchers are also looking at a connection between curcumin and its ability to inhibit the accumulation of destructive peptides in the brains of Alzheimer's patients, as well as break up existing plaques associated with the disease.

Chilli

Chillies raise the heart rate, increase perspiration and release endorphins due to capsaicin, a substance which gives chillies their 'heat'.

Capsaicin is commonly used as a painkiller to help manage arthritis, diabetic neuropathy, shingles, postmastectomy pain and headaches - and is even sold as an over-the-counter cream - as capsaicin depletes the level of pain perception molecules in the bloodstream.

But the pepper component also dilates the blood vessels, thereby increasing blood circulation and reducing blood pressure.

And it may also help stave off cancer: American researchers at Cedars-Sinai Medical Centre discovered that capsaicin can kill



Garlic, ginger, turmeric and chillies feature regularly in curries.

off prostate cancer cells in the laboratory, although further human trials are needed.

Ginger

Ginger is traditionally used to help digestion and reduce inflammation, as the root helps neutralise stomach acid.

Effective at reducing nausea and vomiting in pregnancy, ginger may also reduce cholesterol if eaten in high doses and could reduce blood clotting, according to the British Nutrition Foundation.

It may also help protect against bowel cancer. The main active component in ginger which gives it its distinct flavour, gingerol, has been shown in research to slow the growth of human tumours in mice. Scientists are now hoping to repeat that research in human trials.

Garlic

Perhaps the best known ingredient in curry, garlic contains a chemical called allicin, which works to dilate the blood vessels and lessen the chance of blood clots, thereby reducing the risk of thrombosis.

Research has also linked garlic to a reduced risk of colorectal cancer, says Lisa Miles, senior nutrition scientist at the British Nutrition Foundation.

"The World Cancer Research Fund issued a comprehensive report on diets and cancer risk, and one of the conclusions was that garlic was linked to a decreased risk of colorectal cancer," she says.

"This is due to a compound present in garlic called allyl sulphide, which has an inhibitory effect on cancer cells and prevents them from replicating."

Both cooked and raw garlic have been found to have medicinal properties, according to the British Nutrition Foundation. However, to have a fully positive effect on one's health, around two to three cloves of garlic should be consumed daily to release the necessary levels of allicin in the body.

In a takeaway world

They might be healthier for you than you thought, but curries vary so much in their ingredients and recipes that you should watch what they contain, says Miles.

"Curries based on tomatoes [like a rogan ghosh] are much healthier than coconut milk or cream-based curries [like korma], because coconut milk and cream are higher in saturated fat," she says.

Whatever kind of curry you choose, be sure to go for lean meat over fatty cuts, Miles says, and to pick plain rice over fried rice. Curry lovers can visit their lo-



Rogan ghosh - see recipe on next page.

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Curry lovers can visit their local curry houses or better still, make your own curry at home by following the recipe below.

.. Rogan ghosh

Ingredients (Serves Four)
750g lamb, cut into cubes
1tsp fennel seeds
3 bay leaves
2tsp black peppercorns
1 cinnamon stick
1tsp roasted ground cumin
2 curry leaves
A pinch of saffron
2tsp paprika powder
½tsp garam masala
1tsp red chilli powder
1tsp turmeric
4 large tomatoes, finely chopped
3 large onions, finely chopped
1.5 green peppers, finely chopped
8 chillies, finely chopped
Handful of coriander, finely chopped
1tsp crushed garlic
1tsp ginger paste
350ml natural yoghurt
6tbsp oil
1 cup water
Salt to taste
To prepare:
Heat the oil in a pan, frying the

onions until golden brown. Stir in the garlic, ginger, salt to taste and cook for a further minute.

Add green pepper, bay leaves, cinnamon, cloves, fennel seeds, curry leaves, black peppercorn, cardamom pods, red chillies, tomatoes and stir.

Add the meat, cover and simmer gently for five minutes. Add water.

Mix together the yoghurt, paprika powder, garam masala, red chilli powder and turmeric to form a smooth paste in a bowl. Stir this paste into the onions in the pan and cook for 1 - 2 minutes until the sauce is well blended.

Add the water and cover, leaving the lid very slightly ajar, and cook on medium heat for 30 minutes.

Cover completely and cook on low heat for another 45 minutes or until meat is tender.

Remove lid and add garam masala. You should have a thick, reddish brown sauce. If it is too thin, boil away some of the liquid.

When lamb is tender add the saffron. Garnish with coriander and serve with rice.

Kate Hodal



Various colourful curry dishes. Why not enjoy your favourite dish while reaping the health benefits?

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Ref. Article in Edn.1039, 5th Dec.

SIR, I obviously had documentary evidence that Mr. Borges was duly notified by his client that she had reached a satisfactory settlement. This evidence duly formed the basis of my substantiated complaint to the Ordem.

That he acted against his client's expressed instructions is not disputed. It is important to understand that the truth of my statements of fact is not in question. I am being prosecuted by the Portuguese State and pursued for 'damages' by Mr. Borges for my value-judgments pertaining to those facts.

Mr. Borges instigated criminal proceedings against me early in 2006, shortly after receiving notification from the Ordem of my complaint. He was 'cleared' by the Ordem in July 2007.

The reason the position of his father is referred to in the British press is because Mr. Borges himself refers to his father's post, in his claim for damages: "The claimant is son of Joaquim de Almeida Borges, distinguished magistrate, who was President of the Supreme Court of Justice between 1975 and 1980 when he retired" and attaches to his claim for €50,000 a copy of his birth certificate "in proof of his descendancy".

Reference Mr. Borges' comments on Freedom of Expression in Britain, I am somewhat curious to know the source of his authority on English Law, for:

- 1) Complaints to regulatory

bodies in common law jurisdictions are under Absolute Privilege and can, therefore, never be used as grounds for libel actions by solicitors or barristers, as he purports.

2) Justification of truth has always been a definitive defence against claims of libel.

3) Value-judgments were dismissed by the Court of Human Rights over thirty years ago as not constituting grounds for defamation as 'opinions' are not susceptible of proof.

4) Communications in the public interest and made in good faith are also defences against libel actions both under English law and in relation to cases in breach of Freedom of Expression brought before the EctHR.

For these and many other reasons the British public's sense of fairness has been evoked and, it would appear, even of Jack Straw, himself a Q.C.

In the words of the editor of Expresso, against whom another libel case has just ended with the withdrawal of the claim by Armando Vara: "Thought should be given to what constitutes Freedom of Expression in a democracy - Get used to it!". SERENA WYLDE, Bye-mail

No right to complain?

SIR, The news that a lady is threatened with prison for complaining about a lawyer (Portugal News, Dec. 5) should rock readers to their boots.

Let me see if I have this right. Someone makes a complaint about a lawyer, saying he has

done something he shouldn't have done. That leads to a (presumably civil) action for damages. Let us leave aside the issue of how the lawyer proposes to show he has lost €50,000 because of the complaint. I am more concerned that a civil action for damages could lead to a five year prison sentence. I think someone needs to explain the law to the rest of us pretty darn fast. This is especially important as presumably the complaint was written privately.

Just think of the enormity of the situation. Someone writes to **The Portugal News**, and complains, maybe a little intemperately, about something Ron Lavery has written. This is much worse; it's public. Ron gets upset, seizes an opportunity, and the next thing we know **The Portugal News** runs a small article about the hapless letter writer languishing in prison while the dastardly Ron celebrates with champagne and a cheque for substantial damages. You guys had better watch your step.

Now, come on, someone is having us on here, surely? Or do we have another of those quaint Portuguese customs to cope with whereby we can all be jailed if we annoy someone who wears a fancy hat? Has anyone in Portugal read section 12 of the Human Rights Act recently, or doesn't that apply in Portugal? If so, I for one need to know rather quickly because it means we are living in the jungle instead of a civilized country.

JOHN CLARE, Arao

Global Warming Is a HOAX

SIR, John Clare is correct in exposing the Climate Research

Unit (CRU) of the University of East Anglia for falsifying data on Global Warming. The head of the CRU, Prof: Phil Jones has not apologised and should be fired from his lucrative post. He has been misleading many politicians who generally lack any scientific training. This form of dishonesty is going to cost tax payers enormous sums of money. CRU have

Last laugh

One day I sat upon a train.
It was cold and grey, with spits of rain.
I had a seat though many stood
And hung on straps as best they could.
The windows closed against the chill,
As early March was wintry still.

A smell curled up into my nose;
A smell so foul my senses froze.
Other nostrils twitched and flared;
No-one spoke as no-one dared.
With lowered lids I glanced around,
But source of stench could not be found.

I asked myself what it might be.
There was no reason I could see.
Sweaty sneakers? Unwashed feet?
Something dead below the seat?
It's awful how some folks don't wash,
Though all dressed up and looking posh.

We thundered on along the line;
At least we would arrive on time.
In Lisbon I got off the train.
Relieved, I breathed fresh air again.
And then I saw what caused the pooh;
A lump of dog's muck on *my shoe*!

The moral here is clear to see,
It's not always 'them', sometimes its me!

JENNY FERNANDES

in fact proved that their scientists had colluded to hide the fact that man-made global warming is a con, just in time for the Copenhagen conference.

This is not by any means the first case of falsifying information on Global warming. Al Gore who

jets around the world and who uses 20 times more electricity than the average American informing people about global warming when tackled about this he states Ah! but I buy Carbon credits. He does this through his own company in London.

The Inter Governmental Panel on Climate Change has also come up with misleading information with their famous "Hockey stick graph", which shows CO² increasing, but does not show recent CO² levels which are in fact falling! If one looks into previous warming and Glacial periods one can see that present levels are 100 times less than in some glacial periods. There is no connection between CO² levels and global warming.

If your readers wish to get the true story they should read 'Heaven and Earth' by Prof: Plimer.

Because of the bogus information being fed to the populace we are embarking on expensive renewable energy like wind power on land and sea. This is extremely expensive electricity generation. Turbines only work 25 to 30% of the time! repairs to sea turbines are virtually impossible to repair because of terrible weather conditions.

There is much hot air spoken by politicians and the populace at large. Those interested in electricity generation should read Prof. Mackays book 'Sustainable Energy' without the hot air. It is a masterpiece. He has now been appointed to be the Scientific Advisor to the Dept. of Energy in the UK.

J. FENWICK, Loulé

Global Warming is now Climate Change

SIR, Global Warming is the alleged *uniform* warming of the planet by the uncontrolled emission of man-made 'greenhouse' gases. This is clearly not happening so it is now called by the catch-all name Climate Change. Constant repetition has made these gases household names: carbon dioxide, methane, nitrous oxide, etc.

We have also been constantly reminded that of these gases, carbon dioxide is the main threat. We are warned that unless the amount of it is not reduced to some arbitrary figure, mankind is doomed and this danger justifies spending untold billions on finding ways to achieve it. Those peddling the GW myth never mention that 95% of greenhouse gases is naturally occurring water vapour anyway. Well, that would be no support for their theory.

There are allegations that scientists at an East Anglian University have been changing or deleting results of their research that do not support their hypothesis. Well, in my opinion any Climate Change research results that do not take into account the amount of water vapour in the atmosphere are equally flawed and should be discarded as spurious.

It will be interesting to hear what the Copenhagen 'gabfest' will come up with. "The climate

is getting hotter." "Oh, no it's not!" "Oh yes it is!" That is the kind of pantomime science that billions are being wasted on.

RON LAVERY, By e-mail

Christmas illuminations

SIR, I have just spent a weeks holiday in Lisbon and I would like to say how impressed we were with the fantastic Christmas illuminations and also the firework display prior to the switching on of the giant Christmas tree at the top of Eduardo park. Please pass on our thanks to the people involved for making it a holiday to remember. Lets hope its equally as good next year.

GRAHAM DELL, Northampton, England

Response to Jean Daniel

SIR, Thank you for your comments. Firstly I might say, that there are no hard facts or figures concerning passive smoking. My husband, who is a composer, lecturer and musician, has rehearsed, performed and been amongst smoking audiences for over forty years. Neither he, nor any of the hundreds of musicians he has contact with, have ever had any respiratory problems, or lung cancer.

It's heartening to hear that you think the powers-that-be in the USA will not venture as far as banning people from being free in their own homes. As for the 'right to bear arms' it must surely be difficult to maintain your belief in this so-called freedom, having seen or heard of all the massacres that have occurred over the years in your country, schools, colleges, et al. But that is your country, and so it has nothing whatsoever to do with me.

You are correct, there is no control in the UK to curtail violent and obscene drunks, and that is one of the reasons we left, because we no longer wanted to live in an unsafe environment (although having read of the appalling robberies, attacks and burglaries in the past year in Portugal, I am rather worried that things are not so safe here any more.)

Your experiences must be different to mine, because I have never, never, seen any smoker blowing smoke in another person's face. I have though, seen drunks abusing people, urinating in the street, and vomiting in public - not here, I hasten to add, but in the UK.

I would not be expected to come to your house as you said, because I don't know you. Friends and acquaintances who are non-smokers, are not 'abused' by me for I just smoke on the balcony or in the garden.

I cannot take seriously your comments 'if you want to die from smoking' or 'you put another nail in your coffin' but hopefully you apply your sanctimonious declarations to drinkers of alcohol too. I am bemused by the fact that you choose to live in a country where people drink a lot and smoke a lot, and still have enough sense to get on with each other.

Finally, just a little English lesson for you: You said, "do not push it on us or expect us to *except* it." The word you are looking for is *accept*!

RUTH MITCHELL-DAVIDSON, By e-mail

Portuguese for Beginners

⇒ Write the following calculations in full:



- a) $16 \times 47 = 752$
- b) $317 - 109 = 208$
- c) $99 : 3 = 33$
- d) $652 + 19 = 671$

⇒ Answer the questions below, bearing in mind that today's date is 6 December 2009:

- a) A Sandra nasceu no dia treze de Dezembro de mil novecentos e setenta e nove. **Que idade? Quantos anos tem a Sandra?**
- b) O Sérgio tem setenta e oito anos. Ele nasceu no dia vinte e dois de Fevereiro. **Em que ano nasceu o Sérgio?**
- c) O Manuel e o Jorge nasceram no mesmo dia - três de Março. O Manuel tem catorze anos e o Jorge tem dezoito. **Em que ano nasceu o Manuel? Em que ano nasceu o Jorge?**



LESSON 22

Days of the week, months
and seasons of the year.

d) A Paula e a Mariana nasceram no mesmo dia - vinte e seis de Maio - e no mesmo ano. Elas têm vinte e seis anos. **Em que ano nasceram a Paula e a Mariana?**

e) O Roberto nasceu no dia quinze de Agosto de mil novecentos e sessenta e cinco. **Que idade? Quantos anos tem o Roberto?**

Study what follows - days of the week, months/seasons of the year:

◆ Uma semana tem sete dias: **Domingo, Segunda-feira, Terça-feira, Quarta-feira, Quinta-feira, Sexta-feira e Sábado.**

◆ Um ano tem doze meses: **Janeiro, Fevereiro, Março, Abril, Maio, Junho, Julho, Agosto, Setembro, Outubro, Novembro e Dezembro.**

◆ Um ano tem quatro estações: **Primavera, Verão, Outono e Inverno.**

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
The Portugal News • Apartado 13 • 8401-901 Lagoa

SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

6			9	3				5
		5	2		8	6		
9				1				2
	2		7		4		6	
	9		5		6		1	
5				2				6
		7	8		1	3		
1			3		9			7

				2		9		
	7		5		3	6		
	2			4		1		
			6	5			7	
	6						9	
	1			3	8			
	4		2			5		
		1	4		6	3		
		2		9				

	7				1			
	3	4					1	5
				7	5	2		
6					2	3		
				4				
		8	1					4
		3	6	1				
2	5					9	4	
			2				3	

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

B	R	E	A	C	H		P	R	O	F	O	U	N	D
U	P	P	E	R		A	V	A	L	A	N	C	H	E
Q	E	S	I	X		S	I	L	L					
U	R	N	E		I	N	T	E	R	J	E	C	T	
E	S	T		E	A	O	H							
T	R	E	A	S	U	R	E							
U	W	N	D	L	S	F								
A	G	H	A	S	T		I	D	E	N	T	I	F	
B	S	T		N	A	N	I							
M	Y	T	H	O	L	O	G	Y		R				
A	M	R	K	L	A	I	R							
I	M	I	T	A	T	I	O	N		A				
Z	P		P	V	K	T								
E	Y	E	L	I	N	E	R							

(Right: Last week's solution)

Last weeks solutions:

3	2	1	6	8	7	5	4	9	3	6	5	8	9	1	4	7	2	7	5	6	9	8	1	2	4	3
6	7	4	1	5	9	3	2	8	4	2	7	3	6	5	1	9	8	9	8	2	4	5	3	7	6	1
9	5	8	3	4	2	7	6	1	9	8	1	7	4	2	5	3	6	4	1	3	6	2	7	9	5	8
4	9	7	5	6	3	8	1	2	7	4	8	2	3	6	9	1	5	2	9	7	8	4	5	3	1	6
2	8	6	9	7	1	4	5	3	5	9	2	4	1	7	8	6	3	6	4	1	3	7	2	8	9	5
1	3	5	8	2	4	6	9	7	1	3	6	9	5	8	2	4	7	5	3	8	1	6	9	4	7	2
5	4	3	2	8	1	7	6		8	7	3	1	2	9	6	5	4	3	7	9	5	1	8	6	2	4
8	6	2	7	1	5	9	3	4	6	1	4	5	8	3	7	2	9	8	6	5	2	9	4	1	3	7
7	1	9	4	3	6	2	8	5	2	5	9	6	7	4	3	8	1	1	2	4	7	3	6	5	8	9

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A	25	21	15	10	4	23	6	21		17	20	15	26	5	4	N
B		15		4		20		16		9		20			7	C
C	4	1	19	12	4	1		16	9	4	15	5	19	6	16	P
D		18		17		21		20		18		25			4	Q
E	21		11	21	23	10	4	15	8		8	4	23	8	4	R
F	8		4			6		10	21	8	9		6		10	S
G	8	5	19	3	4	16	17		5		15	21	19	19	6	T
H	21		8		7		20		23		5		12		23	U
I	8	24	6	1	22		5		21	1	19	12	6	23	25	V
J	8		17		4	10	25	18		4			16		12	W
K	6	10	4	21	12		9	4	1	12	20	16	24		18	X
L	23			14	8		21		20		15		2			Y
M	21	19	10	5	16	17	20	15		10	4	21	13	4	23	Z
	17			15	6		12		6		13		6			
	4	23	10	4	21	15		18	21	16	9	17	6	23	25	

PRIZE CROSSWORD 1040

	1	2		3		4		5		6						
7																8
9								10								
11							12									
13		14						15	16							
							17									
18					19				20		21					
22								23								
	24															

ACROSS

1. Properly (11)
9. Offence (7)
10. Angry (5)
11. Classes (5)
12. Seek votes (7)
13. Spent (6)
15. Influence (6)
18. Hide (7)
20. Cool (5)
22. Women servants (5)
23. Clear (7)
24. Incessantly (11)

DOWN

2. Of cities (5)
3. Passage (7)
4. Gallic (6)
5. Of birds (5)
6. Amount escaping (7)
7. Contentious (11)
8. Adaptability (11)
14. Falsehood (7)
16. Clique (7)
17. Alcove (6)
19. Follow (5)
21. The best possible (5)

A special travel hairbrush will be sent to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1040, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

L	S	W	A	G	L	N	U	M	B	E	R	Y	D	G
Q	S	Q	L	U	N	C	O	R	R	O	S	I	O	N
D	E	D	C	F	R	I	Z	C	K	P	S	V	W	O
E	N	M	A	P	F	Y	Y	O	P	L	J	I	G	B
L	I	P	N	F	O	Y	Z	F	I	J	N	N	L	N
L	D	C	T	A	R	S	L	K	I	T	I	I	G	S
O	A	D	A	B	A	V	E	L	E	R	R	S	S	Y
R	E	M	R	U	Y	E	Z	R	A	O	R	E	L	O
T	T	P	I	L	M	A	I	E	T	R	N	E	F	Z
N	S	J	L	O	O	M	W	S	U	R	U	F	T	Q
O	X	T	H	U	C	W	E	M	E	O	E	T	W	E
C	X	M	A	S	D	Q	E	V	Y	R	M	T	A	H
E	X	A	M	P	L	E	E	S	I	S	Y	A	U	N
Q	R	K	N	K	P	L	T	N	T	D	L	E	N	W
X	B	O	E	W	C	O	G	N	I	H	S	I	F	H

NATURALLY, LOWEST, INTERIM, OFFERING, FABULOUS, WEARING, EXAMPLE CORROSION, CONTROLLED, CLEVERNESS, TERRIFYING, FORAY, DISLIKE, ALCANTARILHA, ESTORIL, NUMBER, FISHING, STEADINESS

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last weeks solutions																								
Across: 1 Wardrobe; 5 Ache; 9 Eden; 10																								
Contempt; 11 Steer; 12 Top-hole; 13																								
Pronouncement; 18 Envelope; 19 Digs; 20																								
Stopgap; 21 Dealt; 22 Dusk; 23 Pressman.																								
Down: 2 Auditor; 3 Dungeon; 4 Blotting-paper;																								
6 Compose; 7 Entreat; 8 Steppe; 13 Pressed;																								
14 Obvious; 15 Oblige; 16 Madness; 17																								
Nigella.																								
Last week's winner: Carlos Cruz da Silva, Cascais																								



Last week's solution:

Computer Chronicles

The Best 10 Gadgets of this Decade

This year is about to end as well as the first decade of this new millennium. We have been witness to emergence of different technologies and devices that have changed our daily life.

The most important devices of this decade have helped us to stay online (or linked) all the time, facilitating our daily life both at work and at home. Those devices (such as the iPhone or other smartphones) have revolutionized the way we consume information, keeping us always informed and connected at any moment and any place.

Of course, the iPhone is not

the only example of the best gadgets that have been produced lately. There are also other products that have been very important for the technological development of this decade. Below I have listed the top 10 gadgets:

GPS Devices

-When people talk about "a GPS," they usually mean a GPS receiver. The Global Positioning

System (GPS) is actually a constellation of 27 Earth-orbiting satellites (24 in operation and three extras in case one fails). The U.S. military developed and implemented this satellite network as a military navigation system and in 2000, the United States discontinued a feature that deliberately degraded GPS signals available to the public.

Each of the 1400kg to 1800kg



A GPS receiver and a blackberry



solar-powered satellites circles the globe at about 19,300 km, making two complete rotations every day. The orbits are arranged so that at any time, anywhere on Earth, there are at least four satellites "visible" in the sky. A GPS receiver's job is to locate four or more of these satellites, figure out the distance to each, and use this information to deduce its own location. This operation is based on a simple mathematical principle called trilateration.

GPS devices can pinpoint locations up to 10 times more accurately than before and led by a company called Garmin, GPS devices have found their way on to vehicle dashboards across the world.

Drivers now let voice-enabled GPS devices (or in-car navigation systems) lead them to their destinations. Turn-by-turn directions and information about the nearest fuel station and other points of interest are available via GPS units, iPhones and more.

The BlackBerry

Modern BlackBerries, unlike traditional mobile phones, are considered to be both smartphones and personal digital assistants (PDAs); they have Internet connectivity, web browsing, e-mail, an address book, a calendar, a day planner, an alarm clock, games, text messaging, and mobile phone services. Options on some models include a trackball, WiFi, Bluetooth connectivity, speakers, GPS, a digital camera, and functionality as a media player.

Research in Motion's (RIM's) highly popular BlackBerry mobile device was first introduced as a two-way pager in 1999, but the now-common BlackBerry smart phone was introduced in 2002.

These handheld devices, which were initially the gadget of choice for executives and jetsetters have surged in popularity, and BlackBerry's have found their way into the hands of everyone from urbanites to college students and stay-at-home moms. Though the launch of the touchscreen iPhone challenged its share of the smart phone market, BlackBerry has held its own with an easy-to-use keyboard and sophisticated office applications and security features.

Digital cameras

Digital cameras store images digitally rather than recording them on film. Once a picture has been taken, it can be downloaded to a computer system, and then

manipulated with a graphics program and printed. Unlike film photographs, which have an almost infinite resolution, digital photos are limited by the amount of memory in the camera, the optical resolution of the digitizing mechanism, and, finally, by the resolution of the final output device.

Think back 10 years ago when you graduated from university or welcomed a new child into the world. Chances are, you didn't get to see images of those major milestones until at least a few days later. Now, thanks to the proliferation of the affordable digital camera, memories are captured, viewed and shared nearly instantaneously.

Though the digital camera was introduced in the 1990's, it really came into its own in the 2000's, finding its way into the hands of millions around the world. Even little kids have their own digital cameras.

Unfortunately, the downside of digital photography's expansion is that your most embarrassing moments might live on the hard drives and Facebook accounts of countless family members and friends.

But the upside is that if you're fast enough, you can delete those pictures before they ever see the light of day.

TiVo Digital Video Recorder

When the TiVo was first introduced to the public, the television industry reacted with panic. Here was a device that would let people record programs, watch them when they felt like it as opposed to when the programming staff decided they should, and (scariest of all) skip through the commercials!

But the television industry survived despite the widespread popularity of VCRs. Now the dreaded VCR is in its death throes and a more modern innovation has come along that makes recording television programs even easier: the digital video recorder, or DVR.

The Digital Video Recorder is replacing VCR's for everyday recording of television programs and does so by storing your favourite shows on a Hard Drive. DVR's offer much more control about how and when you watch Television Shows.

Remember when you had to make appointments with your living room television? If you

wanted to watch "Friends," "Lost" or "Idols," you had to adjust your schedule accordingly.

The TiVo Digital Video Recorder and its more recent competitors now let you record those programs and watch them at your leisure.

TiVo pioneered the device in 1997, but it was in the 2000's that the ad-skipping DVR really took off, sending advertisers and television programmers back to their drawing boards.

Nowadays, most cable providers in Portugal like CaboVisao and Zon provide DVR services.

Nintendo's Wii

When the Wii was formally announced in 2005, it was a laughing stock. The name, the dinky little remote, the underpowered graphics architecture, the family friendly games—it was pronounced dead on arrival. Naturally, that little white glossy box is now a worldwide cultural phenomenon. Nintendo realized something very simple and yet industry-shifting—games should be about play, about playing together, and not about realistic-looking headshots. Using a wireless controller, players actually simulate actions such as playing tennis, baseball and boxing.

But the game has had successes beyond gaming, including teaching school children music and helping people lose weight.

The Nintendo Wii shows us that despite what we all may think, it's not always about the biggest, newest and most-expensive technology.

Next week we will discuss the remaining 5 gadgets.



Kurt Pardon • I.T. Director
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On a budget in Slovenia



Have a fun, family time on the cheap and cheerful slopes of Kranjska Gora.

It was our first day skiing in Kranjska Gora, Slovenia's main resort, and I'd already decided that group lessons weren't for me.

We'd chosen to spend a week skiing in Slovenia out of sheer curiosity. Since independence in 1991, this country - the size of Wales and bordered by Italy, Austria, Hungary and Croatia - has been an EU economic success story, with a growing tourist trade and fantastically-priced winter sports holidays.

Wanting to see why someone would fly to Slovenia rather than Switzerland, we flew into the national airport of Ljubljana early one Saturday morning in

mid-January. Within 45 minutes, we were driving into the small town of Kranjska Gora.

Our hotel, the Grand Hotel Prisank, loomed large and pink, a sharp contrast to the authentic cobbled streets and church only a few metres away. After a quick tour of the resort, just 15 minutes from end to end, a ski-boot fitting session, and a nod toward the local disco, casino and pizzeria (this truly is the point where East meets West), our rep declared us fit to go.

Too late to hit the slopes, we wandered around Kranjska Gora for an hour before eating our first meal in the hotel's canary yellow,

conference centre-style dining room, and then collapsed into bed.

Day two, and we'd shrugged off our initial flight exhaustion. The town seemed surprisingly quiet for high-season January. Asking my delightful ski instructor Mika why half the restaurants were shut, he explained that Slovenia's ski seasons are slightly different to those of its neighbours.

Aside from special occasions like New Year and school holidays, the town does remain largely quiet, and restaurants and cafes often close midweek.

Having decided to keep on with the lessons after all (on a budget I couldn't reject a week of pre-booked teaching time), my boyfriend and I soon established a routine. Every morning at 9am, I disappeared for two hours and he pretended to get up. Two hours later, he actually got up and came to meet me on the slopes.

The locals said Slovenian



The ski slopes and town of Kranjska Gora, Slovenia.

weather is never foggy during the ski season. But by day three, the fog - followed by the rain - had become the biggest barrier to me and a career in professional winter sports. Sitting in our hotel watching DVDs, we stared out at

a mountain shrouded with white mist, noticing that, even in the fog, the short, gentle slopes were filled with happy beginners.

With intermediate runs peaking at around 1,550m, large amounts of cheap accommodation and low-cost flights into Ljubljana from all over the UK, Kranjska Gora is definitely a resort for families. This emphasis on family groups may also explain why the town doesn't offer a better range of restaurants and bars.

Kranjska Gora is dominated by the hotel chain Hit Holidays. With six modern hotels (Larix, Corona, Prisank, Alpina, Kompas, Spik) and one apartment complex (Vitanc), the company stamps its mark on the town as firmly as the mountain itself. Experienced skiers might regard it as a Primark version of the Alps.

Grand Hotel Prisank offers a package-holiday blend of theme restaurants, live entertainment and activities for kids. Its rooms were clean, comfortable and uninspiring, while the Napoli pizzeria and London tea-room lurked behind frosted glass doors on the ground floor. The hotel's information board promised karaoke, a pool tournament and live music on Saturday night from 1980s band 'Candle With Hair'.

Across town you can lose your expensive euros at either of the two casinos based in the sister hotels Larix and Korona, or in the former's wellness centre.

As newfound friends in my skiing class explained, skiing in Slovenia is about practicality, not sophistication. A dad told me that he could only get a shoebox-sized room in the French Alps for what he paid here. And out on the slopes, know-alls won't swish by at 100mph. For once, you're

all in the same beginners' boat.

On a whim, I decided I needed a little pampering, to make up for my lack of children. I wandered towards the Larix and its 400 sq. metres of water surface, whirlpools and hot tubs as promised in the brochure. Ten minutes and 30 seconds later, I was back at my locker, shaking with fear.

This is clearly where young Slovenians go to let off steam. With 19 teenagers in the whirlpool (maximum allowed 10), screams echoing around the steamy glass facility and pairs of eyes boring into me from every lounger, I changed and was back in the entrance foyer before you could say "no heavy petting". Perhaps parents have topped up with this form of family water torture on a package holiday, but I had no such responsibilities.

After our tasty daily dinner, we went to what had become our favourite bar in town. The only place in Kranjska Gora not to play Eighties hits at top volume is Mamacita. A small Mexican-Slovenian bar off the main walkway. Coloured fairy lights and gloriously low-key music transformed this small bar into a paradise for lost Westerners, all rather delighted they had stumbled on a small slice of style.

Travel facts

Sarah O'Meara was a guest of Balkan Holidays, which offers seven nights' half-board this winter at the four-star Grand Hotel Prisank in Kranjska Gora from £489, including flights from Gatwick via Ljubljana, transfers and supplements.

Balkan Holidays reservations: Tel: 00 44 (0)845 130 1114 and www.balkanholidays.co.uk.

Sarah O'Meara

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Online ticket reservations

São Paulo/Rio de Janeiro ...	€752.86
New York... ..	€433.52
Funchal	€89.91
Kiev	€197.40
Paris	€183.05
Bangkok	€896.65
Johannesburg	€637.46
Casablanca	€209.89
Stockholm/Oslo	€205.82
Helsinki	€226.78

All prices are starting prices for return flights including airport taxes (ticketing fee is excluded, exact amount subject to confirmation).

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Bookings: Direct with Hotel Tel: 281 511 444 • Fax 281 511 999
E-mail: hotel@casablancainn.pt www.casablancainn.pt

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Saturdays

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ANZ Aeroportos
Algarve

Christmas goodies



Merlin

I love the way all the towns and villages put up lights, absolutely fabulous and always try to do a tour around the towns on Christmas Eve.

At Paws4Pets we have our Little Dog Laughed Christmas cards and gifts, frankly these are my favourites as they are all different and I love the verses in them. We do have other cards and some wrapping and labels—not much as we are so lucky here as all our presents are wrapped on purchase.

We have gathered in some goodies for the furry ones

by arriving in front of us with a 3 year old reindeer in her mouth—now she is just too clever.

We have some stockings full of various goodies, different varieties which mine all thought they needed whilst I was taking photos, rawhide goodies, various festive toys—mine are all arguing over the gorgeous penguin. Officially I got it for Cassie to help her with her new found fear factor—14 months so sometimes happens. So, we have penguin in the car with her all the time. Sadly they all want it so I will have to go search for



Cleo

Suddenly it's nearly Christmas and I seem to be way behind, still in the summer mode—cards not done and as for presents not even thought of it. Perhaps it is the impressive autumn weather we have had. I was bought to with a bang when listening to a UK radio station the first week of November when a lady rang in to say she had just put her Christmas decorations up—with tree. Immediately, another phone call revealed that someone had switched on his outside fairy lights which apparently covered the whole house and garden! How glad I am that I live in the beautiful Algarve.



Cassie

in our lives and I have to say my four have already decided what they want. Cleo just amused us

something different for them all. I will have to raid the Kongs which really are the big favour-

ites. Cassie is into noisy toys, anything that can disturb anyone is ace. I have decided dogs are very like children, whenever, without fail, I answer my phone my dogs start playing silly and very noisy games. They are just like my children used to, so that you cannot think straight.

Please come and see us before Christmas, I am now usually in the shop on a Monday and Wednesday these days, but that will change over the school holidays.

I have added some silly pictures again for you to laugh at.

Jan Cobley
Paws 4 Pets
916 273 376

DIRECT ONLINE

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info@vipveterinarysurgery.com
Tel: 282 782 282

As Autumn leaves are falling...
...so are prices at VIP
Call in...

URB Horta Senhora Gloria, LT 7 Fraccao B,
8600-548 Lagos.

SOS Algarve Animals

Helping the Algarve's Homeless Animals

Katy Rexstrew and Anne Grogan started their blog 'SOS Algarve Animals'.

The blog - www.sosalgarveanimals.blogspot.com - will be updated daily and will feature animals in foster homes and in shelters across the Algarve.

If you're able to offer a home to one of the Algarve's animals in need, why not log on to SOS Algarve Animals to see all the dogs and cats waiting for someone to love them.

Jan Cobley
Paws 4 Pets 916 273 376
[/www.paws4pets.net](http://www.paws4pets.net)

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Albufeira & On-Line

Hi There !

I have many puppies waiting for a nice loving home at the moment. Many different sizes and colours. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings)



lili10.evann@yahoo.fr

SPIKEY is a very handsome young dog. He is a Fox Terrier X, very nice and soft nature. Spikey is a playful and faithful dog and he is looking for a nice loving home. He is around 6 months old, tested negative for heartworm, wormed, deflead and vaccinated. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings)

lili10.evann@yahoo.fr



TEDDY is a very jolly dog. He was found abandoned on the streets. He is around 6 years old and behaves very well with other dogs and cats. Teddy is no trouble at all. He has been tested negative for heartworm, and has been wormed, deflead and vaccinated. He needs a nice loving home and loves long walks off the lead. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings)

lili10.evann@yahoo.fr



YUMI and AYSSA are needing a home. They are two sisters, +- 1 year old, wonderful and lovable. When called they answer with adorable sounds and are always ready for a loud purr. They get along with other cats, but not very well with other females. They are both neutered and healthy. As Ayssa is very shy, she needs her sister to give her confidence. They were found inside a stone wall in the country, and have been living for almost a year indoors. If you would like to give them both a home, please call: 917 174 811 (daytime) or 282 315 255 (evenings & weekends).



This **PURE COCKER SPANIEL** is 7 months old. He was left in an apartment by his owners. The neighbours found him and brought him to the dogs home. If you want to have this lovely dog and offer him a home, you will have a wonderful companion for life. Please call Ingrid on: 918 973 896.



SHIVA, a Belgian Shepherd of 8 months was abandoned on the street due to a heart disease she had. She went through a complicated but successful operation and she is now looking for a new home. You can see her story on our webpage: www.bianca.pt/english With Christmas coming, think about helping our animals in the shelter. We have 250 dogs and 40 cats. In our bazaar, you will find Christmas cards and 2010 Calendars. Contact us at: sesimbra.bianca@gmail.com



Bianca

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
10 DEC-16 DEC

1
The Brothers Bloom
Adrien Brody, Mark Ruffalo
18.40 (00.25 Thu-Sat)

2012
John Cusack, Chiwetel Ejiofor
15.25-21.10

Up
Animation PV
(10.30-12.50 Sat & Sun)

2
Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
(12.20 Sat & Sun) 14.40-17.00-19.20-21.40

2012
John Cusack, Chiwetel Ejiofor
(23.55 Thu-Sat)

3
Paranormal Activity
Katie Featherston, Micah Sloat
13.55-15.55-17.55-19.55-22.00 (00.20 Thu-Sat)

4
Arthur et la vengeance de Maltazard
Animation PV
(10.50 Sat & Sun) 13.05-15.20-17.35-21.50 (00.20 Thu-Sat)

5
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
(12.00 Sat & Sun) 15.10-18.05-21.00 (00.00 Thu-Sat)

6
Planet 51
Animation PV
(10.40 Sat & Sun) 12.55-15.00-17.05-19.10-21.20 (23.30 Thu-Sat)

7
Couples Retreat
Vince Vaughn, Kristen Bell
13.50-16.25-18.55-21.30 (00.05 Thu-Sat)

8
Surrogates
Bruce Willis, Radha Mitchell
19.00 (00.30 Thu-Sat)

Julie & Julia
Meryl Streep, Amy Adams
13.35-16.20-21.15

Fame
Kay Panabaker, Naturi Naughton
13.35

G-Force
Animation PV
(11.30 Sat & Sun)

9
Ágora
Rachel Weisz, Max Minghella
13.20-16.20-19.05-21.45 (00.15 Thu-Sat)

CASTELLO LOPES CINEMAS
ALGARVESHOPIPING
TEL: 707 220 220
10 DEC-16 DEC

1
Planet 51
Animation PV
13.00-15.10-17.10-19.10-21.10

Julie & Julia
Meryl Streep, Amy Adams
(23.30 Fri & Sat)

2
A Christmas Carol 3D
Animation PV
12.50-15.30-18.10

A Christmas Carol 3D
Animation OV
12.50 (00.20 Fri & Sat)

3
Paranormal Activity
Katie Featherston, Micah Sloat
13.50-16.10-18.45-21.15 (00.05 Fri & Sat)

4
2012
John Cusack, Chiwetel Ejiofor
12.40-15.40-18.40-21.40

5
Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
13.10-15.00-17.00-19.00-21.00

2012
John Cusack, Chiwetel Ejiofor
(23.40 Fri & Sat)

6
Ágora
Rachel Weisz, Max Minghella
13.30-16.00-18.20-21.30 (00.00 Fri & Sat)

7
Arthur et la vengeance de Maltazard
Animation PV
13.20-15.20-17.20-19.20-21.20 (00.10 Fri & Sat)

8
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
13.05-15.50-18.30-21.35 (00.15 Fri & Sat)

9
Couples Retreat
Vince Vaughn, Kristen Bell
13.40-16.20-18.50-21.25 (23.50 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
10 DEC-16 DEC

1
The Twilight Saga: New Moon
Kristen Stewart, Robert Pattinson
13.10-16.00-18.40-21.30 (00.00 Fri & Sat)

2
Couples Retreat
Vince Vaughn, Kristen Bell
13.20-15.50-18.30-21.50 (00.20 Fri & Sat)

3
Uma Aventura na Casa Assombrada
Ana Padrão, Luís Lucas
13.00-15.10-17.20-19.30-22.00 (00.10 Fri & Sat)

4
2012
John Cusack, Chiwetel Ejiofor
12.30-15.20-18.15-21.10

Cirque du Freak: The Vampire's Assistant
Chris Massoglia, John C. Reilly
(00.30 Fri & Sat)

5
Planet 51
Animation PV
12.40-14.50-17.00-19.00-21.20

2012
John Cusack, Chiwetel Ejiofor
(23.40 Fri & Sat)

6
Arthur et la vengeance de Maltazard
Animation PV
12.50-15.00-17.10-19.20-21.40 (23.50 Fri & Sat)

OV = Original Version
PV = Portuguese Version

Castello Lopes
Cinemas
Tel: 707 220 220
www.castellolopescinemas.com

UCI Cinemas
Tel: 707 23 22 21
www.uciportugal.pt

ZON LUSOMUNDO
Zon Lusomundo
Cinemas
Tel: 707 24 63 62
www.zonlusomundo.pt

Film Classification

Zombieland - M/12
Ágora - M/12
Arthur et la vengeance de Maltazard - M/4
Couples Retreat - M/12
Planet 51 - M/6
Paranormal Activity - M/12
The Twilight Saga: New Moon - M/12
A Christmas Carol - M/6
2012 - M/12
Cirque du Freak: The Vampire's Assistant - M/12

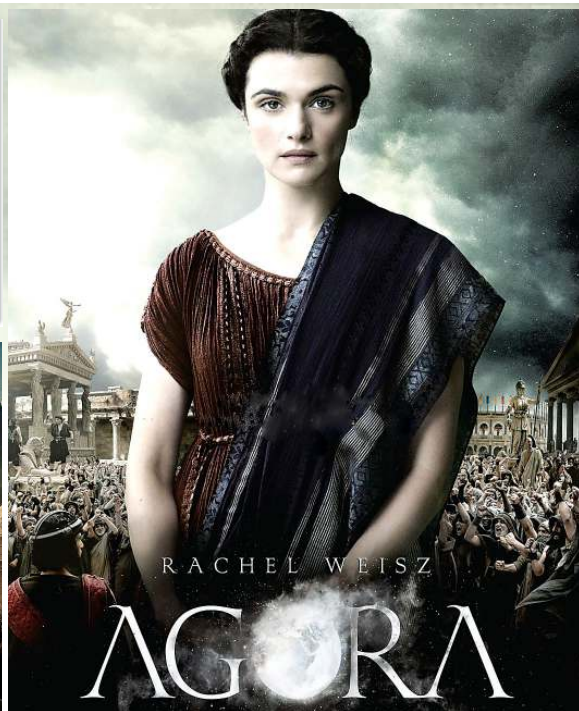
M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over



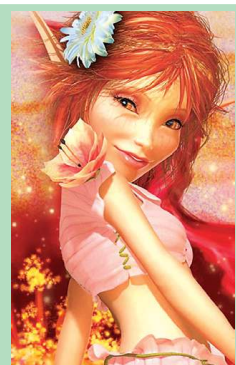
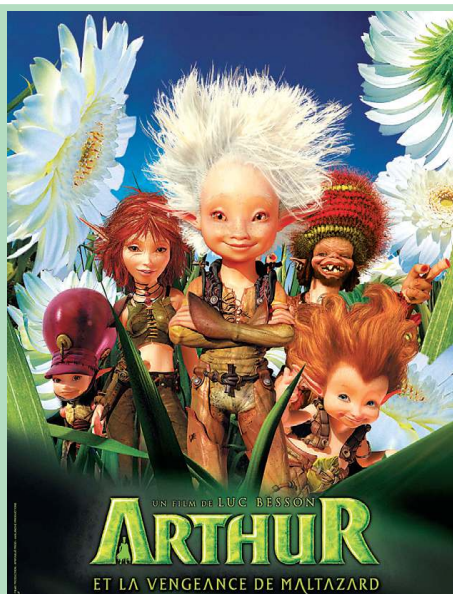
Title: Zombieland
Genre: Action | Comedy | Horror
Stars: Woody Harrelson, Jesse Eisenberg, Abigail Breslin, Bill Murray
Synopsis: Columbus has made a habit of running from what scares him. Tallahassee doesn't have fears. If he did, he'd kick their ever-living a**. In a world overrun by zombies, these two are perfectly evolved survivors. But now, they're about to stare down the most terrifying prospect of all: each other.



Title: Ágora
Genre: Adventure | Drama | History | Romance
Stars: Rachel Weisz, Max Minghella
Director: Alejandro Amenábar
Synopsis: Set in the fourth century while Egypt was under the Roman Empire, violent religious upheaval in the streets of Alexandria spills over into the city's famous library. Trapped inside its walls, the brilliant astronomer Hypatia and her disciples fight to save the wisdom of the ancient world.



Title: Arthur et la vengeance de Maltazard
Genre: Animation
Stars: Freddie Highmore, Mia Farrow, Snoop Dogg, Jimmy Fallon
Director: Luc Besson
Synopsis: Arthur journeys with the Minimoys Princess Selenia and her brother Betameche in search of the forbidden city of Necropolis, home of the villainous wizard Maltazard. They must make their way past sticky spider webs and Maltazard's threatening henchmen.



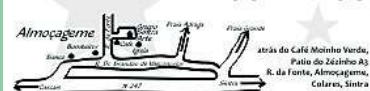
HIGHLIGHTS

Christmas Fair



Feira de Natal

Adega do Grupo Sintra Arte + Artistas convidados

Colares / Sintra 12/13 Dez
das 11:00 às 18:00

At the Sintra Arte Adegas in Almoçageme

CONCURSO DE SALTOS INTERNACIONAL PORTO

EXPONOR
10 A 13 DEZEMBRO 09

PORTO - Until December 13 - Horse Jumping Show at EXPONOR - The Exposition & Fairs grounds EXPONOR is close to Porto International Airport

EXPOSIÇÃO CANINA

PORTO - January 16 to 17 - Northern Portugal International Dog Show at EXPONOR - The Exposition & Fairs grounds EXPONOR is close to Porto International Airport - www.cpc.pt

LISBON - 'O País em... Presépios' Exhibition of Nativity Scenes at 'A Arte da Terra' - The Nativity Scenes are a work of renowned artists representing an artistic portrait of a country, where tradition and modernity combine together - 'A Arte da Terra', is a project dedicated to the Portuguese culture, located in a magnificent building, the old stables of the church, on Rua Augusto Rosa nº 40, next to the Cathedral - The exhibition will run until January 10, 2010 - Nearly one hundred craftsmen and sculptors from different artistic trends and different generations, have more than half a thousand pieces on the classic theme of Christmas - Sculptors Jorge Mealha, Janet Mealha de Lagos among other 80 artists will be present at the exhibition - For more information, please call 212 745 975 - e-mail: arte@net.sapo.pt - www.aartedaterra.pt

ALBUFEIRA

DECEMBER 13



Animal Charity Evening at Hotel Paraíso at 19h30 - Buffet Dinner, Wine & Coffee, Live Music and Dancing - Price: €27.5 all inclusive - All profits to local charities: Quintinha dos Animais (Goldra); AGA Amigos dos Gatos do Algarve and APAA Associação de Protecção dos Animais no Algarve - Tickets info: 289 514 218 / 962 414 584 / 918 550 355

UNTIL DECEMBER 31



Arlindo Martins presents a painting exhibition 'Paisagens do Algarve e...' (Landscapes of Algarve and...) at the art gallery Pintor Samora Barros - Open daily from from 10h30 to 16h30

LAGOA

UNTIL DECEMBER 31

During the Christmas Season there will be daily Street Animation, Concerts and many other activities - www.cm-lagoa.pt

LAGOS

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

UNTIL DECEMBER 30

Chá d'Arte presents a solo Painting Exhibition by the artist Jeroen Buitenman - the art gallery is situated in the historic centre of Loulé.

MONCHIQUE

UNTIL MID DECEMBER

New paintings and photos in an exhibition called 'Mystical Alentejo' by five international artists Ben Helmink, Gisele Barbosa de Araújo, Bianca Luig, Clive Cook and Kasia Wrona - Galeria Arte Algarve - Largo 5 de Outubro 14 - open Tue-Fri 10-17h - 282 913 130 or Tm. 925004051 - More details at www.arteargave.net

PADERNE

DAILY

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real - Signposted from Ferreiras, Bolquime & Pademe - 918 980 199 / 912 737 762

SOUTH

PORTIMÃO

UNTIL DECEMBER 12

Exhibition 'As Carrinhas de Portimão (Portimão Carriages) - Temporary Exhibitions Room of the Portimão Museum - Open Tuesdays from 14h30 to 18h00; Wednesday to Sunday from 10h00 to 18h00 - 282 405 265

DECEMBER 13

Chanukah Picnic Lunch - Info from Ralf Pinto - 282 416 710 or fax 282 416 515 - Ralf.Pinto@sapo.pt

SILVES

DECEMBER 12 & 13

Grand Opening of Art & Artifacts Gallery Mikki-F on December 12 and 13 from 10h00 to 18h00 (Free T-Shirts) - Art Exhibition of original paintings and ceramic sculptures, Interior Decoration, Colour Advice, Acryl on Canvas, Wall Painting - Open week days from 10h00 to 19h00; closed Saturdays and Sundays from 13h00 - Mikki-F is situated on Poço Barreto (From Guia: Before you enter Algoz take the 1ª street on the left past the restaurant O João; From Algoz centre: On the road to Guia take the 2nd street on the right opposite the restaurant O Marinho) - 964 934 612 - www.mikki-f.exto.be

DECEMBER 12

'Angels Feathers' a new comedy by Nicky Moran - Silves Cine-Theatre Club Bar - opens 7.30, curtains up 8.30pm - Tickets 9 - please book on - 282 443 855 or the2bentleys@aol.com

DAILY

Basic Ballroom and Latin dance classes, for beginners - Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5

NEW YEAR'S EVE

JOHN'S NEW YEAR'S EVE DINNER & DANCE

60's-70's 80's-90's

AT RESTAURANT PONTE ROMANA SILVES

5 COURSE MEAL INCL CHAMPAGNE WINE, BEER & SOFT DRINKS

45.00 p.p. ALL IN

FROM 20.00 - 02.00, DOORS OPEN 19.30

Reservations: 282442621-914900031

Monthly Writing Workshops - Writing Memoirs/ Life Writing & Writing Fiction - All welcome - Saturdays 2.30pm - 4.30pm at The Owl Story Bookshop, Lagos and the Bica Boa, Monchique For more details and to reserve a place visit www.lisaelvidge.com or call Lisa on 962887680

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum

CASCAIS

DAILY

» **Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

» **Naval Club** - The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

» **Sea Museum - Rei D. Carlos** - The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary - Guided tours: 214825081 - Rua Júlio Pereira da Mello in Cascais - Open: from 10h00-19h00; closed on Mondays and Public Holidays - 214 825 400

ESTORIL

DAILY

» **Casino Estoril** - Praça José Teodoro dos Santos - 214 667 700 - Info.estoril@estoril-sol.com

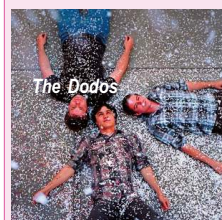
LISBON

UNTIL DECEMBER 27

'The interpretation of dreams' - Photographs by Jorge Molder at the Calouste Gulbenkian

Lisbon Concerts

(Tickets: See details bottom page)



19th: 16h00 & 21h30 - Tickets: €35, €25 & €20 - January 16 - The duo Air will perform live at Coliseu dos Recreios - 21h00 - Santiago Alquimista on Rua de Santiago, nº 19 - 218 884 503.

& casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

UNTIL DECEMBER 13

Play 'That Pretty Pretty, ou a Peça de Violação' - 8 to 12 Dec: 22h00; 13 Dec: 17h - Centro Cultural Vila Flor is situated on Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvfl.pt

CENTRE

Foundation - This exhibition is co-produced by the Modern Art Centre and by the Calouste Gulbenkian Cultural Centre in Paris - Curator: Leonor Nazaré - The exhibition can be visited from 10h00 to 18h00; Closed on Mondays - Av. de Berna 45-A - T. 217 823 000

DAILY

» **Mercado da Ribeira** - On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

» **National Coach Museum** - Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays) - Praça Afonso de Albuquerque - 213610850

» **Oceanarium** - Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

SINTRA

DAILY



Pena Palace - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Nigella's Christmas Kitchen. (R) (T) 12.00 BBC News; Regional News; Weather. (T) 12.15 Football Focus. (T) 1.00 Live Snooker: UK Championship. The second semi-final. (T) 4.20 Final Score. (T)

5.10 BBC News; Regional News; Weather. (T)
5.30 Hole in the Wall. With Graham Cole, Gemma Merna, Kristian Digby and Alison Hammond. (R) (T)

6.00 Merlin. While Arthur and Merlin are out of Camelot fighting a magical army, Morgause returns to the city, where an enchantment has been cast over everyone except Morgana. With Emilia Fox. (T)

6.45 Strictly Come Dancing. The three remaining couples compete for a place in the final. (T)
8.00 The National Lottery Draws. Scott Mills presents. (T)

8.10 Casualty. With Adam away, Jordan seizes his chance to treat the victims of a bus crash. The emotion of Alistair's funeral proves too much for Polly, and Zoe sets Yuki a tough challenge. (T)
9.00 The Impressions Show with Culshaw and Stephenson. Sketches include Eamonn Holmes causing havoc at the Chelsea Flower Show, John Barrowman's appearance on Bad Jobs for a Celebrity, and DCI Gene Hunt turning up on Robin Hood. (T)

9.30 Strictly Come Dancing. The two couples with the lowest scores compete in the dance-off for a place in the final. Music is provided by Lily Allen, and Dorey Bass performs with the professional dancers. (T)

10.00 BBC News; Weather. (T)
10.25 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including Chelsea v Everton at Stamford Bridge and Manchester United v Aston Villa at Old Trafford. The Blues and Toffees contested two goalless draws in the league last season, but a repeat result seemed unlikely, with Chelsea averaging over two goals a game so far this campaign. An injury-time strike from debut-making Federico Macheda gave United a 3-2 victory in their corresponding fixture with Martin O'Neill's team last term, their sixth home league win in succession over the Midlands; (T) National Lottery Update. (T)

11.50 The Football League Show. (T)
1.05 Friday Night with Jonathan Ross; (R) (T) Weatherwise. (T) 2.10 BBC News. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.



BBC2

6.00 CBeebies: Me Too! (R) 6.20 Big Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Dennis and Gnasher. (R) (T) 7.10 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (T) 8.00 Gimme a Break. (T) 8.30 TMI. (T) 10.00 Best of Friends; (R) (T) Bernard. (R) (T) 10.30 Ed and Ocho's Excellent Inventions. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Deadly 60. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: The Season. (T) 12.55 Greek. (T) 1.40 BBC Switch: Revealed. (T) 2.00 The Sky at Night. (R) (T) 2.20 Animal Park. (R) (T) 2.50 FILM: I Know Where I'm Going (1945). Romantic drama, starring Wendy Hiller and Roger Livesey. (T) (bw) 4.20 Live Snooker: UK Championship. The second semi-final. (T) 5.30 Coast. (R) (T) 6.30 Dad's Army. (R) (T) 7.00 Live Snooker: UK Championship. Hazel Irvine introduces the concluding session of the second semi-final at the Telford International Centre, where the first player to win nine frames will progress to the final. Subsequent programmes subject to change. (T) 9.30 Have I Got a Bit More News for You. Actor Dominic West hosts the satirical quiz show, which sees James May and Reginald D. Hunter joining regular team captains Paul Merton and Ian Hislop. (T) 10.10 The Thick of It. (T) 10.40 Pulling Special. (T) 11.10 Defying Gravity. (T) 12.25 Snooker: UK Championship. (T) 1.15 FILM: Days of Wine and Roses (1962). Satirical drama, starring Jack Lemmon. (T) (bw) 3.10 Close.

Pick of the Day

The X Factor, ITV1, 7.30pm

Mr Simon Cowell must have a pact with the devil, for he managed the seemingly impossible a fortnight ago when terrible twins John and Edward Grimes were finally given the boot after a sing-off with fans' favourite Olly Murs. 'Jedward', as they had become lovingly referred to, managed to avoid the chop for seven live studio rounds, seeing off the likes of Lucie Jones and Jamie 'Afroman' Archer in the process. Their singing was flat at best and their dancing was utterly ridiculous, but one has to hand it to them — they stuck at it and it was they, not Murs, or even Danyl Johnson, who viewers tuned in to see. Love them or loathe them, they kept a nation watching and for that they deserve a bit of credit. It's testament to their appeal that even after their departure, the Press is still talking about them — especially on final week. Yes, that's right the TV event of the year is finally here and it remains to be seen which of the hopefuls will succeed Alexandra Burke and be crowned this year's winner. Tonight, the remaining acts perform once again in the hope that it will be their name Dermot O'Leary announces as the winner in tomorrow's final results programme.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 World Sport. 7.30 Freesports on 4. 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: 90210. (T) 11.00 T4: Friends. (R) (T) 11.35 T4: The Holyoaks Music Show. (T) 12.05 T4: Avatar Film Special. (T) 12.40 T4: Scrubs. (R) (T) 1.15 T4: Scrubs. (R) (T) 1.45 Channel 4 Racing from Cheltenham and Doncaster. Including the 2.25 boylesports.com Gold Cup (H'cap Chase) (2m 1f). (T) 4.00 Cheryl Cole: T4 Special. (R) (T) 4.15 My First Year. (T) 4.50 My First Year. (T) 5.20 FILM: Jingle All the Way (1996). Comedy, starring Arnold Schwarzenegger. (T) 7.00 Channel 4 News. (T) 7.30 Come Dine with Me Extra Portions. (R) (T) 8.00 Come Dine with Me Extra Portions. Chris Crossley prepares a dinner of frogs' legs and curry. (R) (T) 8.30 Come Dine with Me Extra Portions. Hazel Glossop prepares an oxtail belly buster. (R) (T) 9.00 Come Dine with Me Extra Portions. Ollie Baxter hosts the final dinner party. (R) (T) 9.30 FILM: The Shawshank Redemption (1994). A man wrongly jailed for his wife's murder forms an extraordinary friendship with a fellow inmate. Drama, starring Tim Robbins and Morgan Freeman. (T) 12.15 4Music: Live from Abbey Road. (T) 1.20 FILM: Dickie Roberts: Former Child Star (2003). Premiere. Comedy, starring David Spade. 3.10 Studio 60 on the Sunset Strip. (R) (T) 3.55 Switched. (R) (T) 4.20 St Elsewhere. (R) (T) 5.10 One Tree Hill. (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.45 The WotWots. (R) (T) 8.00 Make Way for Noddy. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 The Mr Men Show. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 The Gadget Show Christmas Special. (R) (T) 12.00 Britain's Best Brain. (R) (T) 1.00 Zoo Days. (R) (T) 1.10 FILM: Murder Most Foul (1964). Agatha Christie whodunit, with Margaret Rutherford. (T) (bw) 3.00 FILM: The Shootist (1976). Western, starring John Wayne. (T) 5.05 FILM: The Omega Man (1971). Post-apocalyptic sci-fi drama, starring Charlton Heston. (T) 7.05 Five News. (T) 7.10 NCIS. Gibbs investigates the baffling case of a Navy Seal who apparently committed suicide by slashing his rope while descending from a helicopter during a training exercise. (R) (T) 8.05 CSI: NY. A murder victim is discovered with her eyelids removed. (R) (T) 9.00 CSI: Crime Scene Investigation. Murders are connected to a cache of stolen casino chips. (R) (T) 10.00 Law & Order: Special Victims Unit. A murder suspect adopts an unusual defence. (R) (T) 10.55 CSI: NY. (R) (T) 11.50 Women Who Kill. (R) (T) 12.15 SuperCasino. 4.00 House Doctor. (R) (T) 4.25 House Doctor. (R) (T) 4.50 Rough Guide to Adventures. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Horrid Henry. (T) 9.55 Atomic Betty. (R) (T) 10.10 Emu. (T) 10.25 Finger Tips. (R) (T) 10.45 FILM: The Little Polar Bear (2002). Animated adventure, with the voice of Wesley Singerman. (T) 12.10 News and Weather. (T) 12.14 London Weather. (T) 12.15 FILM: Black Beauty (1994). Family drama, starring Sean Bean. (T) 1.55 FILM: Curly Sue (1991). Family comedy, starring James Belushi. (T) 3.55 FILM: Scooby-Doo (2002). Live-action comedy adventure, starring Sarah Michelle Gellar. (T)

5.30 London Tonight; Weather. (T)
5.45 ITV News and Weather. (T)
6.00 Harry Hill's Best of TV Burp. Classic clips, featuring Rachel Stevens 'shaking like a leaflet' on Strictly Come Dancing and a puppet with a striking resemblance to Coronation Street's Gail Platt harassing Harry. (T)
6.30 Cheryl Cole's Night In. The singer and X Factor judge performs songs from her album 3 Words. She also welcomes some of her musical heroes and friends, including Rihanna and Alexandra Burke, to the stage. (T)

7.30 The X Factor. After months of auditions, nail-biting boot camps, trips to exotic locations abroad and eventful studio shows, the last 12 hopefuls have been whittled down to just three, who are competing to win a #1 million recording contract and the possibility of global fame that goes with it. However, only two acts will get through to the very last stage of the contest tomorrow and perform the winner's single. Dermot O'Leary presents, with Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh passing judgement as usual. (T)

9.30 The British Comedy Awards 2009. Jonathan Ross returns to host the annual ceremony, now in its 20th year, as the cream of the crop gathers to honour the best comedy actors, actresses, entertainment personalities and newcomers, along with the pick of the year's TV and film comedies. Keeping their fingers crossed for recognition will be stars including Alan Carr, Harry Hill, Michael McIntyre, Ruth Jones, Simon Bird and Claire Skinner, plus the casts of such programmes as The IT Crowd and The Kevin Bishop Show. Another of this year's front-runners is Psychoville, written by and starring The League of Gentlemen's Steve Pemberton and Reece Shearsmith, which is nominated for Best New British Television Comedy and Best Television Comedy Drama. (T)

11.00 ITV News and Weather; Weather. (T)
11.15 FILM: Ali G Indahouse (2002). Comedy, starring Sacha Baron Cohen. (T)

12.55 FILM: Lies My Mother Told Me (2005). Fact-based crime thriller, starring Joely Richardson; (T) ITV News Headlines. 2.35 Crossing Jordan. (R) (T) 3.20 ITV Nightscreen.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1515 The Vampire Diaries, series 1615 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0045 Carga Pesada 0130 Lipstick Jungle, series 0300 Top+ 0415 Telesale
RTP2
0700 Euronews 0800 África 7 Dias 0830 Notícias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Parlamento 1500 Sports 1900 Artes de Rua 1930 City Folks 2009 2000 Bastidores 2030 Documentary 2155 A Hora da Sorte 2200 News 2240 Film 0030 Film 0200 Sports 0530 Euronews
SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1500 Film 1630 Film 1815 Film 2000 News 2115 Perfeito Coração 2300 Rouxinol Fado 0015 Film 0230 Quando o Telefone Toca
TVI
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2245 Ele é Ela 2345 Sentimentos 0045 Red Dragon, film 0230 Sempre a Somar 0400 Arrested Development, series 0430 Heroes, series 0530 Telesale

Best of the Rest

BBC3
7.00 Top Gear 8.00 Young Mechanic of the Year 9.00 The Real Hustle: High Stakes 9.30 Jay-Z: Live from Madison Square Garden - Answer the Call 10.20 Russell Howard's Good News Extra 11.20 Family Guy 11.40 American Dad! 12.05 American Dad! 12.25 Alesha Dixon: Who's Your Daddy? 1.25 Russell Howard's Good News Extra 2.25 Young Mechanic of the Year 3.25 Young Chef of the Year 4.25 Don't Get Screwed 4.55 The Real Hustle on Holiday 5.25 Close
BBC4
7.00 Art of Russia 8.00 The Poisoner 9.35 Wallander 11.10 Film: Gimme Shelter 15 (1970) 12.45 Art of Russia 1.45 The Poisoner 3.20 Film: Gimme Shelter 15 (1970) 4.55 Close
ITV2
1.30 The Planet's Funniest Animals 2.00 ITV at the Movies 2.30 Gossip Girl 3.30 I'm a Celebrity: Unforgettable Trials 4.30 I'm a Celebrity: Jungle Gems 5.30 I'm a Celebrity: Jungle Kings and Queens 6.30 New Homes from Hell 2009 7.30 Holiday Showdown 8.30 Holiday Showdown 9.30 The Xtra Factor 10.30 Harry Hill's Best of TV Burp 11.00 The British Comedy Awards - The Fun Goes On 12.00 The X Factor 2.00 The Xtra Factor 3.00 Teleshopping 5.00 Gossip Girl 5.40 ITV2 Nightscreen

Sky1
1.00 Don't Forget the Lyrics 2.00 Oops TV 3.00 Cold Case 4.00 Guinness World Records Smashed! 5.00 Oops TV 6.00 The Simpsons 6.30 Modern Family 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 UK Border Force 10.00 Greatest Failures 12.00 Road Wars 1.00 Night Cops 1.50 Road Wars 2.40 Prison Break 3.30 Dogs in Frocks 4.20 Road Raja 5.10 Are You Smarter Than a 10 Year Old?
GOLD
1.25 Film: Steptoe and Son Ride Again PG (1973) 3.20 Open All Hours 4.00 Heroes of Comedy 5.00 Only Fools and Horses 6.10 Only Fools and Horses 7.25 Only Fools and Horses 9.00 My Family 10.05 The Thin Blue Line 10.45 Open All Hours 11.25 Victoria 12.10 Steptoe and Son 2.45 Close Up 3.00 Close TCM
1.00 I Died a Thousand Times PG (1955) 3.00 When Time Ran Out PG (1980) 5.05 Quo Vadis PG (1951) 8.20 Chuck Jones: Memories of Childhood 9.00 Fearless 15 (1993) 11.25 Star 80 18 (1983) 1.25 Steelyard Blues (1973) 3.00 Teleshopping 5.00 I Died a Thousand Times PG (1955)
The Disney Channel
Kids' programmes from 7am, except: 8.00 Film: Wendy Wu: Homecoming Warrior PG (2006) Adventure, starring Brenda Song.

The Portugal News has its distribution figures officially audited.
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MOVIES

Sky Movies Drama

6.00 What Dreams May Come 15 (1998) 8.00 The Top 10 Show 8.15 Miracle on the 17th Green U (1999) 10.00 The Trench 15 (1999) 11.45 Across the Universe 12 (2005) With Evan Rachel Wood. 2.00 Phoebe in Wonderland PG (2008) With Elle Fanning. 3.45 Rules of Engagement 15 (2000) With Tommy Lee Jones. 6.00 We Own the Night 15 (2007) With Joaquin Phoenix. 8.00 Brideshead Revisited 12 (2008) With Matthew Goode. 10.20 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 12.20 Get Real 15 (1999) With Ben Silverstone. 2.15 Happiness 18 (1998) With Philip Seymour Hoffman. 4.40 Pride and Prejudice PG (2003)

Sky Movies Comedy

6.10 National Lampoon's Vacation 15 (1983) 7.55 St Trinian's 12 (2007) 9.40 Juno 12 (2007) 11.25 Meet the Parents 12 (2000) With Robert De Niro. 1.15 Bulldozer 18 (1996) With Adam Sandler. 2.45 St Trinian's 12 (2007) With Rupert Everett. 4.30

Juno 12 (2007) With Ellen Page. 6.15 National Lampoon's Vacation 15 (1983) With Chevy Chase. 8.00 Meet the Parents 12 (2000) With Robert De Niro. 10.00 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 11.45 Bulletproof 18 (1996) With Adam Sandler. 1.15 Balls of Fury 12 (2007) With Dan Fogler. 2.50 Zack and Miri Make a Porno 18 (2008) With Seth Rogen. 4.35 To Be or Not To Be PG (1983)

Sky Movies Action/Thriller

6.45 National Treasure: Book of Secrets PG (2007) 9.00 Knight Rider 2000 12 (1991) 10.50 The Mummy 12 (1999) 1.05 Next of Kin 15 (1989) With Patrick Swayze. 2.55 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 5.05 The Mummy 12 (1999) With Brendan Fraser. 7.15 I Am Legend 15 (2007) With Will Smith. 9.00 Shaft 18 (2000) With Samuel L. Jackson. 10.45 Silver 18 (1993) With Sharon Stone. 12.35 I Am Legend 15 (2007) With Will Smith. 2.20 Mortal Thoughts 18 (1991) With Demi Moore. 4.10 Knight Rider 2000 12 (1991)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Stoke City v Wigan Athletic (Kick-off 12.45pm). 3.00 Soccer Saturday 5.45 Live European Cup Rugby Union. Scarlets v Leicester (Kick-off 6.00pm). 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Spanish Football 5.45 Sky Sports Classics

Sky Sports 2

6.00 Sports Unlimited 7.00 Tight Lines 8.00 WWE Special 9.00 NFL: America's Game 10.00 World Sport 10.30 Live European Tour Golf. The Alfred Dunhill Championship. 1.00 Live European Rugby Union. Ulster v Stade Français (Kick-off 1.35pm). 3.30 Live European Rugby Union. Cardiff Blues v Toulouse (Kick-off 3.45pm). 5.45 Sky Sports Classics 6.00 Golf Night 8.00 Live Boxing. Vitali Klitschko v Kevin Johnson. 11.00 Scottish Premier League Football 11.30 International Twenty20 Cricket 2.30 Spanish Football 4.00 NFL: Total Access 5.00 NFL: America's Game

Sky Sports 3

6.00 European Rugby Union 8.30 Kieboard 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 World Sport 12.30 Live Scottish Premier League Football. Motherwell v Celtic (Kick-off 12.45pm). 3.00 WWE Preview: Tables, Ladders and Chairs 3.30 WWE Special 4.30 WWE Preview: Tables, Ladders and Chairs 5.00 WWE: Smackdown 6.55 Live Spanish Football. Barcelona v Espanyol (Kick-off 7.00pm). 9.00 Live Spanish Football. Valencia v

Real Madrid (Kick-off 9.00pm). 11.00 WWE Preview: Tables, Ladders and Chairs 11.30 WWE: Late Night - Superstars 12.30 WWE: Late Night - Smackdown 2.30 WWE: Late Night - Bottom Line 3.00 WWE: Preview: Tables, Ladders and Chairs 4.00 Golf Night

British Eurosport

7.30 Eurosport for the Planet 8.00 Ski Jumping 8.45 Live Alpine Skiing. World Cup coverage from Are in Sweden. 9.30 Ski Jumping 10.00 Live Curling. The women's European Championship final. 11.00 Live Biathlon. World Cup coverage from Hochfilzen in Austria. 11.45 Live Alpine Skiing. Further women's World Cup coverage from Are in Sweden. 12.30 Curling 1.00 Live Biathlon. Further World Cup coverage from Hochfilzen in Austria. 2.00 Live Cross-Country Skiing. The World Cup meeting from Davos in Switzerland. 2.45 Live Ski Jumping. World Cup coverage from Harrachov, Czech Republic. 4.40 Wintersports Weekend 4.45 Snooker: UK Championship 6.00 Swimming 7.00 Live Snooker: UK Championship. The concluding session of the second semi-final. 10.00 Curling 11.30 Polo 12.55 Wintersports Weekend 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Elite League Ice Hockey 9.00 Friday Night Night 11.55 Live International Twenty20 Cricket. India v Sri Lanka. 3.00 Friday Night 6.00 Champions League Weekly 6.30 Scottish Premier League Football 7.00 Live Moscow Cup Pool. Coverage of day three from Las Vegas. 12.00 NFL: Total Access 1.00 Golf Night 3.00 World Sport 3.30 Sports Unlimited 4.30 Max Power 5.30 WWE Preview: Tables, Ladders and Chairs

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BBC1

6.00 Breakfast. (T) 7.30 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Fern Britton Meets Tony Blair. (T) 11.00 Country Tracks. (T) 12.00 The Politics Show. (T) 1.00 Cash in the Attic. (R) (T) 2.00 'Allo 'Allo! (R) (T) 2.25 EastEnders. (T) 4.20 Lifestyle. (T) 4.30 Points of View. (T) 4.50 Songs of Praise. (T)

5.30 Life. The strategies adopted by plants that allow them to grow in every possible environment, even where there is no sunlight, water or nutrients. Featuring the dragon's blood tree, which survives in the desert by converting moisture found in the mist and shading its own roots, the carnivorous Venus flytrap that has evolved into an extraordinary predator able to digest insects, and the cat's claw creeper, which uses other plants as a ladder to reach sunlight. Narrated by David Attenborough. (R) (T)

6.30 BBC News: Regional News. Weather. (T)
7.00 Sports Personality of the Year. Sue Barker, Gary Lineker and Jake Humphrey present a review of the year's sporting highlights from the Sheffield Arena, including the announcement of the award's 56th recipient. Subsequent programmes subject to change. (T)

9.00 Small Island. Conclusion of the two-part adaptation of Andrea Levy's novel, set in post-war London. Hortense becomes disillusioned with life in England when she encounters racism and fails to find employment, but Gilbert and Queenie rally round to help her adjust. However, the return of Bernard, the landlady's husband, threatens to change everything. Drama, starring Nomica Harris, Ruth Wilson, David Oyelowo and Benedict Cumberbatch. (T)

10.30 BBC News: Regional News. Weather. (T)
 10.55 Match of the Day 2. Adrian Chiles introduces highlights of Liverpool v Arsenal at Anfield, this afternoon's only Premier League fixture. Last season's corresponding match finished in a remarkable 4-4 draw, with Andrei Arshavin netting all four of the Gunners' goals. Plus, a look back at yesterday's goals and talking-points. (T)

11.40 FILM: Black Jack: Sweet Science (2004). Detective drama, starring Colin Firth. (T) Weatherview. (T)

1.15 Sign Zone: Holby City. (R) (T) 2.15 Sign Zone: Miranda. (R) (T) 2.45 Sign Zone: What Is Beauty? (R) (T) 3.45 BBC News. (T)

(R) - repeat programme;
 (T) - programme with teletext subtitles;
 (S) - programme broadcast in stereo;
 (bw) - black and white.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Uncle Max. (R) (T) 7.10 Ooglies. (R) (T) Bernard. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 ChuckleVision. (R) (T) 8.30 The Basil Brush Show. (R) (T) Bernard. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Escape to the Country. (R) (T) 12.30 Sports Personality of the Year: The Contenders. (R) (T) 1.05 Live Athletics. The senior women's race at the European Cross-Country Championships. (T) 2.00 Live Snooker: UK Championship. The opening session of the final. (T) 5.30 Ski Sunday. (T) 6.00 100 Years of the Girl Guides. (R) (T) 7.00 Delia's Classic Christmas. Delia Smith revisits some of her most memorable festive recipes. (R) (T) 8.00 Victorian Farm Christmas. Ruth Goodman, Alex Langlands and Peter Ginn return to the Actor Scott estate in Shropshire to celebrate the festive season in traditional Victorian style. Coverage of the UK Snooker Championship final is available on the interactive service. (R) (T) 9.00 Live Snooker: UK Championship. Hazel Irvine introduces coverage of the concluding session of the final at the Telford International Centre, where the first player to win 10 frames will be crowned champion. Subsequent programmes subject to change. (T) 11.00 Never Mind the Buzzcocks. (R) (T) 11.30 Argumental. (T) 12.00 FILM: The Blue Tower (2008). Premiere. Drama, starring Abhin Galeya. (T) 1.25 BBC News. (T) 3.45 Close.

Pick of the Day

Sports Personality of the Year, BBC1, 7pm

The most prestigious award ceremony in the British sporting calendar is back, and for the first time in its 56-year history, it is being staged in Yorkshire. From the Sheffield Arena, presenters Sue Barker, Gary Lineker and Jake Humphrey take a look back at the past 12 months of sport in Britain. The year's highlights include Jensen Button winning the Formula One world championship, Jessica Ennis and Phillips Iddoway collecting gold medals at the World Athletics Championships in Berlin, Andy Murray reaching No.2 in the world tennis rankings, and Tom Daley winning a world diving title at the tender age of 15. But who will join the list of winners that includes Steve Redgrave, Kelly Holmes and Chris Hoy? Yes, the individual category will be hotly contested, and the Team of the Year award looks certain to be another that could be too close to call. Who could forget the nail-biting Ashes series that ended with England once again emerging victorious, in both the men's and women's game? A resurgent Irish rugby team clinched their first Grand Slam in 61 years in the Six Nations, while Manchester United steamrollered their way to yet another Premiership crown. It is another year of much success, so don't miss out on this celebration of it all.

C4

5.55 The Treacle People. (R) (T) 6.05 Sali Mali. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Beach Volleyball. (R) (T) 7.55 The Great Swim Series. (T) 8.50 T4: Friends. (R) (T) 9.25 T4: Hollyoaks. (T) 11.55 T4: 90210. (T) 12.50 T4: St Trinian's 2: T4 Premiere Special. (T) 1.25 T4: Ugly Betty. (R) (T) 2.20 T4: JLS Christmas Crackers. (R) (T) 3.25 T4: The Simpsons. (R) (T) 3.55 T4: The Simpsons. (R) (T) 4.25 Deal or No Deal. (T) 5.15 Channel 4 News. (T) 5.45 FILM: Elf (2003). Comedy, starring Will Ferrell. (T) 7.30 The Worst Christmas Jobs in History. Tony Robinson takes a slide down the Christmas career ladder as he tries his hand at some of the most wretched festive duties. He also traces an alternative history of yuletide. (R) (T) 8.30 Come Dine with Me. Four cooks host dinner parties in Leeds, starting in a posh country castle that instantly annoys one guest, and including Spanish and West Indian-themed meals. Last in the series. (R) (T) 9.30 FILM: Epic Movie (2007). Premiere. Four adult orphans discover a magical land that has fallen under an evil spell. Spoof fantasy blockbuster, with Kai Panen and Adam Campbell. (T) 11.10 FILM: Cellular (2004). Thriller, starring Kim Basinger. (T) 1.00 FILM: Lolita (1997). Drama, starring Jeremy Irons. (T) 3.25 Journey Through the Night. (R) (T) 3.35 Deadliest Catch. New series. The red king crab season gets under way. (T) 4.25 St Elsewhere. The ER undergoes major structural repairs. (R) 5.15 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Box Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Rupert Bear. (R) (T) 7.35 Hana's Helpline. (R) (T) 7.50 The WotWots. (R) (T) 8.00 Make Way for Noddy. (R) (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.25 Roobarb and Custard Too. (R) (T) 8.35 The Mr Men Show. (R) (T) 8.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.20 Little Princess. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.35 Wizards of Waverly Place. (T) 11.10 Hannah Montana. (T) 11.45 The Tribe. (T) 12.15 Zoo Days. (R) (T) 12.35 FILM: Three Wise Guys (2005). Premiere. Comedy, starring Eddie McClintock. (T) 2.20 FILM: Blizzard (2003). Family drama, starring Brenda Blethyn. (T) 4.20 FILM: Grounded (2006). Premiere. Family comedy, starring Lewis Black. (T) 6.05 Highland Emergency. (R) (T) 6.30 Five News. (T) 6.35 FILM: Raid on Entebbe (1977). Fact-based drama, recounting the 1976 Israeli raid on Uganda's Entebbe airport. Starring Peter Finch, Martin Balsam and Horst Buchholz. Includes Five News Update. (T) 9.30 FILM: Constantine (2005). An exorcist with the ability to see evil spirits is engaged in a battle to save the world. Supernatural thriller, with Keanu Reeves and Rachel Weisz. Includes Five News Update. (T) 11.50 CCTV Cities. (T) 12.55 NFL Live. A top game. 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CIVT: Paz. 9.35 Supernormal. (T) 9.50 Horrid Henry. (T) 10.05 Emu. (T) 10.20 Emu. (T) 10.35 Finger Tips. (R) (T) 10.55 Coronation Street. (T) 1.10 News and Weather. (T) 1.14 London Weather. (T) 1.15 Animals Do the Funniest Things. (R) (T) 2.15 FILM: Columbo: Rest in Peace, Mrs Columbo (1990). Crime drama, starring Peter Falk and Ian McShane. 4.15 Midsomer Murders. (R) (T)

6.15 London Tonight: Weather. (T)
 6.30 ITV News and Weather. (T)
 6.45 All Star Family Fortunes. West End stars Jodie Prenger and Gareth Gates are joined by their families as they compete to win cash for charity. Hosted by Vernon Kay. (T)

7.30 The X Factor. Following last night's performances, one of the acts now leaves the competition in third place and the other two have one more chance to impress as they each perform the winner's single - a dead cert for the Christmas number one. Dermot O'Leary then announces this year's champion. Tonight's show also promises a few big-name guests, following in the footsteps of Whitney Houston, Mariah Carey and Robbie Williams, who have all appeared in recent years - and if last year's debut between Alexandra Burke and Beyonce is anything to go by, the 2009 final will go out on a high. Last in the series. (T)

9.30 I Dreamed a Dream: The Susan Boyle Story. The Britain's Got Talent runner-up duets with her idol Elaine Paige and performs a selection of her favourite songs, including Wild Horses, I Dreamed a Dream and Cry Me a River, all from her debut album. Susan's other guests are X Factor 2007 finalist Rhyanian and the London cast of Les Misérables, while contributions from Simon Cowell, Ant and Dec, plus her friends and family, help tell how an unknown church singer from a small Scottish town became an overnight celebrity who would go on to have one of the fastest-selling albums of the decade. Piers Morgan hosts. (T)

10.30 ITV News and Weather: Weather. (T)
 10.45 Wayne McGregor: Across the Threshold: The South Bank Show. Melvyn Bragg presents a year in the life of the award-winning choreographer and director as he curates the first Ignite Festival at Covent Garden and puts together two new works on London's main stages within three weeks - one of which is his new piece as resident choreographer of the Royal Ballet. Contributors include Royal Ballet artistic director Monica Mason and Guardian dance critic Judith Mackrell. (T)

11.45 FILM: Gorillas in the Mist (1988). Fact-based drama, starring Sigourney Weaver. (T)
 1.55 Champions League Weekly. (T) 2.20 Traffic. (R) (T) ITV News Headlines. 3.55 Christmas for a Pound: Tonight. (R) 4.20 ITV Nightscreen.

LOCAL

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 0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Film 1300 News 1455 Visto 1515 Visto
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RTP2
 0700 Euronews 0730 África 0900 Músicas de África Global Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biofesta 1345 Iniciativa 1445 A Voz do Cidadão 1500 Alma e Gente 2000 The Simpsons 2100 Documentary 2200 News 2230 Câmara Clara 2340 Britcom 0040 Onda Curta 0140 Sports 0515 Euronews
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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather, Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 Chuckle/Vision. (T) 4.10 Sam & Mark's Guide to Dodging Disaster. (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. (T)
6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)

7.30 Inside Out England. Joe Crowley investigates a cocaine-like drug that can be bought on the high street. Plus, the story of a pet cat that has become a hypnotist. (R) (T) BBC News: Regional News. (T)

8.00 EastEnders. Billy overhears Janine and Archie plotting to take control of the Vic, while Ian gets a shock when Lucy reveals Bobby is missing. Shirley exposes Max's wrongdoing to the locals. (T)

8.30 Panorama. With only one week left until the recommended final date for sending Christmas cards, reporter Vivian White investigates the Royal Mail. Discovering that it receives approximately 5,000 complaints a day, he asks whether the once proud postal service is failing its customers, and looks ahead to what 2010 holds. (T)

9.00 Life. The focus turns to apes and monkeys, revealing their similarities to humans. Large armies of hamadryas baboons battle on the plains of Ethiopia to steal females and settle old scores, while Japanese macaques beat the cold by lounging in thermal springs. An orangutan baby falls in its struggle to make an umbrella out of leaves, and yowling capuchins try to smash nuts with a large rock. Narrated by David Attenborough. Last in the series. (T)

10.00 BBC News. (T)
10.25 Regional News: Weather. (T)
10.35 The Graham Norton Show. Robert Downey Jr talks about his role as Sherlock Holmes in Guy Ritchie's new movie. Ed Byrne takes to the comedy chair, and Will Young performs his single You and I. (T)

11.25 Inside Sport: Kieren Fallon: The Road to Redemption. Clare Balding interviews the triple Derby-winner and six-time Champion Jockey, who returned to racing in September following an 18-month suspension after testing positive for a banned substance, and is seen as one of the most talented riders of his generation. (T)

11.55 FILM: Black Jack: Ace Point Game (2005). Premiere. Detective drama, starring Colin Fries; (T) Weatherwise. (T)

1.30 Sign Zone: The Art on Your Wall with Sue Perkins. (R) (T) 2.30 Sign Zone: Beautiful People. (R) (T) 3.00 Sign Zone: Horizon. (R) (T) 4.00 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Doo. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Cool House at War. The families prepare to return to their modern-day lives. Last in the series. (T) 7.30 An Island Parish. The Rev David Easton goes in search of a new job. (T) 8.00 University Challenge. Edinburgh takes on Regent's Park College, Oxford. (T) 8.30 Miranda. A handsome man leaves his wallet in the shop. Last in the series. (T) 9.00 School of Saatchi. A winner is selected from the six artists. Last in the series. (T) 10.00 QI. With Liza Tarbuck, Phil Jupitus and Sean Look. (R) (T) 10.30 Newsnight. Weather. (T) 11.20 Have I Got News for You. (R) (T) 11.50 Defying Gravity. (R) (T) 12.35 BBC News. (T) 4.00 Close.

Pick of the Day

Out of My Depth, ITV1, 9pm

Being an actor and TV personality is a difficult and stressful job, but delivering babies is in a whole other ball park — as Amanda Holden learns in this one-off documentary. Putting her showbiz career on hold for five weeks, the Britain's Got Talent star undertakes over a month of training as a midwife, before her mentor Pippa Nightingale decides whether or not she has what it takes to join the delivery room team at Queen Mary's Maternity Unit at West Middlesex Hospital. Amanda's only experience of childbirth is the delivery of her daughter Lexi, now three, by Caesarean section. By her own admission she has a lot to learn: 'I haven't had to do anything like this in my life before. I haven't had to be responsible for anybody. The business of babies is quite a serious one.' However, Amanda is determined to do her best: 'I just hope that I'm going to be the kind of person that you're going to want in a room with you when you're having a baby.' The programme, narrated by Michael Kitchen, is a pilot for a possible series where celebrities learn new skills and trades, so if you want to see more of this kind of thing then give it your support by tuning in.

C4

6.00 The Treacle People. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 The Hollyoaks Music Show. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Garage Wars. (T) 12.35 Wife Swap USA. (T) 1.30 FILM: The Black Shield of Falworth (1954). Swashbuckling adventure, starring Tony Curtis. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Pantomime Special. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (R) (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Sculpture. New series. Mike Figgis relocates priceless modern sculptures. (T) 8.00 Christmas at River Cottage. Brussels sprouts get a new lease of life. (R) (T) 9.00 Man on Earth. The impact of global warming at the end of the last ice age. (T) 10.00 Ugly Betty. Henry returns to New York, forcing Betty to confront her feelings. Daniel's transformation makes him a media darling, and Wilhelmina tries to get close to Victoria Hartley. (T) 10.55 Gordon Ramsay's F Word. (R) (T) 12.00 4Music Favourites: Jamie T. (R) 12.35 APlay: Newton Faulkner. (R) 12.50 King of the Hill. (T) 1.20 King of the Hill. (T) 1.40 European Poker Tour. 2.35 FILM: Never Love a Stranger (1958). Crime thriller, starring John Drew Barrymore. (T) (bw) 4.10 Switched. (R) (T) 4.35 St Elsewhere. (R) (T) 5.25 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.40 Funky Valley. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.45 The WotWots. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Little Lodgers. (T) 9.05 Pocoyo. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Home and Away. (T) 2.20 Sea Patrol UK. (R) (T) 3.20 I Own Britain's Best Home: Flying Visits. (R) (T) 3.35 FILM: Crazy for Christmas (2005). Premiere. Family drama, starring Andrea Roth. (T) 5.30 Five News with Natasha Kaplinsky: Weather. (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? Robert Llewellyn learns how a shipping channel on Canada's St Lawrence River is kept clear during winter and how billions of rubber bands are produced every year. (R) (T) 7.30 Five News Update. (T) 8.00 Gadget Show: Gadget of the Decade. The best devices from the past 10 years. (T) 8.00 Five News at 9. 9.00 FILM: Bad Santa (2004). A crook takes a job as an in-store Santa with a view to robbing the shop where he is employed. Black comedy, starring Billy Bob Thornton and Tony Cox. Includes Five News Update. (T) 11.05 FILM: Beefsteak (2006). Comedy, starring Erik Stolhanske and Paul Soter. (T) 1.15 SuperCasino. 3.00 V8 Supercars. 3.55 Race and Rally UK. 4.45 Motorsport Mundial. 5.10 Great Scientists. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (R) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight: Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Charity gives Cain's money away, but Debbie is furious. Holly is bemused when Adam warns her off Aaron, and Rodney urges Ashley to make an effort at Christmas for Gabby's sake. (T)

7.30 Coronation Street. Deirdre is devastated by how much private family information Ken shared with the newspaper in his bid to stop Peter's planned bar. Carla is disturbed when, during police questioning, officers reveal they have Jimmy in custody. Bernie sees that Dev is using her to get back at Sunita, and Norris must apologise to Graeme. (T)

8.00 Countrywise. Paul Heiney presents a series exploring Britain's countryside and meeting those who make it special. He tries his hand at century-old farming methods, hears the stories of people who have found a new life on canals, and introduces the champions who keep rural traditions alive. (R) (T)

8.30 Coronation Street. Michelle grows suspicious of Carla's involvement in Tony's crimes when she hears who the police have now arrested. Ken tries to apologise to Peter for the newspaper article, but his son remains furious with him, and Norris has an ulterior motive when he offers to take over Graeme's window cleaning round while he is off work. (T)

9.00 Out of My Depth. Amanda Holden takes part in this pilot for a possible series where celebrities learn new skills and trades. Following a month of intensive on-the-job training in midwifery, Amanda's mentor Pippa Nightingale has to decide whether the actress has what it takes to join a delivery room team. Narrated by Michael Kitchen. (T)

10.00 ITV News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Taking Lives (2004). Premiere. Thriller, starring Angelina Jolie. (T)

12.30 Quincy ME: (R) (T) ITV News Headlines. 1.25 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sanguê do Meu Sanguê 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2120 Notas Solitas 2115 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0115 Film 0300 Amor e Intrigas 0400 TeleSales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2030 Two and a Half Men, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 The Mentalist, series 2330 Dexter, series 0030 5 Para A Mela Note 0130 Universidades 0200 Diga Lá Excelência 0245 Eurodeputados 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Perfeito Coração 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Damages, series 0145 Sempre a Sornar 0330 Arrested Development, series 0400 Cashmere Mafia, series 0530 TeleSales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who: Top 5 Christmas Moments 8.00 Wallace & Gromit: A Close Shave 8.30 Move Like Michael Jackson 9.30 Move Like Michael Jackson 10.30 EastEnders 11.00 Family Guy 11.25 Family Guy 11.45 Move Like Michael Jackson 12.45 Move Like Michael Jackson 1.40 Blood, Sweat and Takeaways 2.40 The Real Hustle: High Stakes 3.10 Alesha Dixon: Who's Your Daddy? 4.10 The World's Strictest Parents 5.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Morning in the Streets 8.00 James May's Top Toys 9.00 Games Britannia 10.00 Film: The Age of Stupid 12 (2008) 11.30 Comedy Songs - The Pop Years 1.00 Timeshift: The Comic Songbook 2.00 Games Britannia 3.00 Comedy Songs - The Pop Years 4.30 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's Best of TV Burp 8.30 Grimefighters 9.00 The Xtra Factor: Best and Worst 2009 10.00 Film: Sister Act PG (1992) 12.05 Coronation Street 12.35 Coronation Street 1.05 The Xtra Factor: Best

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and Worst 2009 2.05 Emmerdale 2.30 Teleshopping 3.00 The Montel Williams Show 3.35 Teleshopping 5.10 Gossip Girl 5.50 ITV2 Nightscreen
Sky1
1.00 Project Catwalk 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Oops TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 The Simpsons 9.00 UK Border Force 10.00 Road Wars 11.00 Stargate Universe 12.00 Road Wars 1.00 Road Wars 1.55 Oops TV 2.20 Derek Acorah 3.15 X-Weighted 4.10 Bite Size Brainiac 4.15 So You Think You're Safe? 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.00 The Thin Blue Line 1.40 Last of the Summer Wine 3.00 First of the Summer Wine 3.40 Porridge 4.20 Open All Hours 5.00 As Time Goes By 5.40 Steptoe and Son 6.20 dinnerlads 7.00 The Thin Blue Line 7.40 Last of the Summer Wine 9.00 Only Fools and Horses 10.00 Absolutely Fabulous 11.50 Men Behaving Badly 12.25 Vic Reeves Big Night Out 1.00 Vic Reeves Big Night Out 1.35 Men Behaving Badly 2.10 Vic Reeves Big Night Out 2.45 Vic Reeves Big Night Out 3.00 Close

TCM
1.05 Tall Story U (1960) 3.00 Serenade U (1956) 5.25 Carson City U (1952) 7.05 Code Name: Emerald PG (1965) 9.00 Wait Until Dark 15 (1967) 11.05 The Rise and Rise of Michael Rimmer 15 (1970) 1.05 The Roman Spring of Mrs Stone 15 (1961) 3.00 Teleshopping 5.00 Tall Story U (1960)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.00 Out of Africa PG (1985) 8.45 The Movie Geek 9.15 Storyville 15 (1992) 11.20 The Savages 15 (2007) With Laura Linney. 1.20 Some Kind of Wonderful PG (1987) With Eric Stoltz. 3.05 St Trinian's 2 Special 3.25 Charlie Wilson's War 15 (2007) With Tom Hanks. 5.15 The Assassination of Jesse James by the Coward Robert Ford 15 (2007) With Brad Pitt. 8.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 10.00 Deception 15 (2008) With Hugh Jackman. 11.50 What's Love Got to Do with It 18 (1993) With Angela Bassett. 1.50 Body Shots 18 (1999) With Sean Patrick Flanery. 3.50 Alex Zane's Guest List 4.20 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.20 Alex Zane's Guest List 6.50 The Great Outdoors PG (1987) 8.25 Space Cowboys PG (2000) 10.40 Blue Streak 12 (1999) 12.20 Good Luck Chuck 15 (2007) With Dane Cook. 2.05 St Trinian's 2 Special 2.30 Walk Hard: The Dewey Cox Story 15 (2007) With John C

Reilly. 4.10 The Great Outdoors PG (1988) With Dan Aykroyd. 5.45 Space Cowboys PG (2000) With Clint Eastwood. 8.00 Good Luck Chuck 15 (2007) With Dane Cook. 9.45 Brewster's Millions PG (1985) With Richard Pryor. 11.30 Walk Hard: The Dewey Cox Story 15 (2007) With John C. Reilly. 1.10 Blue Streak 12 (1999) With Martin Lawrence. 2.50 Brewster's Millions PG (1985) With Richard Pryor. 4.35 Lovewrecked PG (2005)

Sky Movies Action/Thriller

6.50 Plunkett & Macleane 15 (1999) 8.40 Rumble in the Bronx 15 (1995) 10.10 Body of Lies 15 (2008) 12.20 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 2.20 The Game 15 (1997) With Michael Douglas. 4.30 Rumble in the Bronx 15 (1995) With Jackie Chan. 6.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 8.00 Body of Lies 15 (2008) With Leonardo DiCaprio. 10.10 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.05 Mr Brooks 18 (2007) With Kevin Costner. 2.20 F/X2: The Deadly Art of Illusion 15 (1991) With Bryan Brown. 4.20 Angel Flight Down PG (1996)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish: Football 1.00 Football Special 2.30 Super Sunday: The Last Word 3.00 Spanish Football 5.00 Champions League Weekly 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Monday Night Football. West Bromwich Albion v Queens Park Rangers (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Football League 2.30 Time of Our Lives 3.30 Live International Cricket. India v Sri Lanka.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 Fight 10.30 European Rugby Special 11.30 Powder Adventures 12.00 Boxing 2.00 Powder Adventures 2.30 European Rugby Special 3.30 Golf Night 6.00 Great Run Series 6.30 Extra Time 7.00 IRB Rugby Sevens 10.00

British Rally Championship 11.00 NFL 12.30 IRB Rugby Sevens 3.30 Soccer AM: The Best Bits 4.00 Football League

Sky Sports 3

6.00 Premiership Years 8.00 Mosconi Cup Pool 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL 1.30 NFL: America's Game 2.30 NFL: America's Game 3.30 NFL 5.00 WWE: Raw 7.00 British Rally Championship 8.00 NFL 9.30 Wild Spirits 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 Live WWE: Late Night - Raw. Coverage of the Slammy Awards from Texas. 4.00 Premiership Years

British Eurosport

7.30 Wintersports Weekend 7.35 Biathlon 8.30 Biathlon 9.30 Ski Jumping 10.45 Destination Dakar 11.10 FIA Gala 2009 12.00 Cycling 2.00 Ski Jumping 3.00 Biathlon 4.00 Biathlon 5.00 Eurogals 5.45 Champions Club 7.15 Eurogals: One to One 7.30 Alpine Skiing 8.30 Alpine Skiing 9.30 Alpine Skiing 10.30 Luge 11.50 Eurogals: One to One 11.50 Eurogals 12.40 Close

Sky Sports Xtra

11.00 Premiership Years 1.00 Mosconi Cup Pool 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Premiership Years 7.00 Boxing 9.00 Great Run Series 9.30 Extra Time 10.00 Show Jumping 11.00 Powder Adventures 11.30 Wild Spirits 12.00 British Rally Championship 1.00 Powder Adventures 1.30 Wild Spirits 2.00 Great Run Series 2.30 Extra Time 3.00 British Rally Championship 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (T) 4.10 Sam & Mark's Guide to Dodging Disaster. (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz. (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)

7.30 EastEnders. Jane returns to help search for Bobby and later decides to stay for good. Archie gets Billy on his side and Janine blackmails Ian to hand her control of Phil's loan. (T) BBC News; Regional News. (T)

8.00 Holby City. Judith is forced to rely on Mark's help when her son is admitted with severe alcohol poisoning, and her day gets worse when her estranged husband arrives. Penny dismisses Elliot's concerns that her relationship with Scott is no longer professional, but a deterioration in his condition makes her realise the truth, and Maria tries to prove herself to Daisha, but Donna jeopardises her friend's dream. With former Brookside actor Steven Pinder. (T)

9.00 Paradox. Rebecca and the team are reeling with the knowledge that their actions have left a dangerous villain on the loose, and their problems are further compounded when a new set of images arrives depicting what appears to be the aftermath of the attack. Meanwhile, Callum becomes convinced a higher power has instructed him to protect a beautiful he believes is in great danger. Tamzin Outhwaite and Chike Okonkwo star. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T) 10.35 Imagine. Spanish tenor Plácido Domingo reveals some of his favourite operatic roles to Alan Yentob, and archive footage sheds light on Luciano Pavarotti's opinion of his fellow performer. (T)

11.30 Film 2009 with Jonathan Ross. The host examines Guy Ritchie's Sherlock Holmes, starring Robert Downey Jr and Jude Law, James Cameron's sci-fi epic Avatar, and star-studded musical Nine. (T)

12.00 The Graham Norton Show; (R) (T) Weatherview. (T) 12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Natural World. (R) (T) 2.10 Sign Zone: Trawlermen. (R) (T) 3.10 Sign Zone: Trawlermen. (R) (T) 4.10 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokol Jakamok! Totol! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 One Man and His Dog. New series. Kate Humble presents the sheepdog trials contest in Armoey, Co Antrim. (T) 7.30 One Man and His Dog. The contest's veterans take to the handler's post. (T) 8.00 A History of Scotland. The effects of industrialisation in the 19th century. (T) 9.00 Can Gerry Robinson Fix Dementia Care Homes? Concluding part of the businessman's campaign. (T) 10.00 Miranda. A handsome man leaves his wallet in the shop. Last in the series. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Earth: The Climate Wars. (R) (T) 12.20 BBC News. (T) 4.10 Close.

Pick of the Day

Jamie's Family Christmas, CH4, 8pm

Jamie Oliver has spent so much time leading numerous campaigns that we've almost forgotten what he became famous for in the first place. In case you can't remember, it was for his way with food; keeping it simple to prepare, yet full of flavour. It was The Naked Chef that turned him into a star, and this new series is arguably a return to those roots. Being shown across the week (in plenty of time to teach you a thing or two before the Christmas cuisine preparations really kick in), it features plenty of mouth-watering recipes that, according to the man himself anyway, should ensure a stress-free December 25th and beyond. The series has been filmed at Jamie's Essex home, and features his friends, family and some very special surprise guests. Expect to find out how to make a succulent turkey with stuffing and gravy, as well as perfect veg, puddings and prepare party food and drinks. He also tries to take some of the stress out of the big day by revealing what can be prepared in advance. As Jamie might say: "pukka!".

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 The Holyoaks Music Show. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Garage Wars. (T) 12.35 What's in a Word? (R) (T) 12.50 Wife Swap USA. (T) 1.50 FILM: The Moonraker (1967). British swashbuckling adventure, starring George Baker. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Holyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Sculpture. Mike Figgis brings the work of Jeff Koons into public view. (T) 8.00 Jamie's Family Christmas. New series. Recipes and tips for achieving a stress-free family Christmas. (T) 8.30 Jamie's Family Christmas. Jamie Oliver prepares snacks for the festive season. (T) 9.00 Gordon Ramsay's F Word. Two restaurants specialising in North and South American cuisine compete. (T) 10.05 FILM: Hunger (2008). Premiere. Fact-based drama about the struggle of Irish Republican inmates to gain political prisoner status. With Michael Fassbender and Stuart Graham. (T) 10.20 Bullrun. (T) 12.35 Running to the Limits. 1.35 European Poker Tour. 2.30 Ocean Race. (R) (T) 3.20 Deadliest Catch. (T) 4.10 Switched. (T) 4.35 St Elsewhere. (R) (T) 5.25 One Tree Hill. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.45 The WotWots. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Little Lodgers. (T) 9.05 Pocoyo. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Home and Away. (T) 2.20 Sea Patrol UK. (R) (T) 3.20 I Own Britain's Best Home: Flying Visits. (R) (T) 3.40 FILM: Noel (2004). Drama, starring Susan Sarandon. (T) 5.30 Five News with Natasha Kaplinsky; Weather. (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Young chimp Ben's mysterious bacterial infection causes him to lose a toe, while another primate in Hananya's house is struck down by the same illness; (R) (T) 7.30 Five News Update. (T) 8.00 Sea Patrol UK. Two children plunge into the sea near Folkestone. Last in the series; (T) 8.00 Five News at 9. 9.00 CSI: Miami. Russian mobster Ivan Sarnoff escapes from prison. Last in the series. (T) 10.00 CSI: NY. One of the CSIs is shot during a kidnapping. Last in the series; (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.55 SuperCasino. 3.00 Great Ethiopian Run. 3.40 Great Australian Run. 4.05 Summer X Games. (R) 4.20 Ironman Triathlon. 5.10 Great Scientists. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Aaron and Holly spend the evening together. Charity is delighted when Nikhil and Jai give her a job at the factory, and Sam finally persuades Pollard to employ Olena. (T) Grimefighters. A street enforcer deals with revellers in London's West End, a Dagenham garage reveals a filthy secret and a verminator finds a wasps' nest in an attic. (T)

8.00 Coastline Cops. In the second programme following the work of officers patrolling Britain's 10,500 miles of shoreline, a former military policeman takes a tough stance against drunks in Cumbria. On the Isle of Mull, one of the UK's smallest police forces prepares for the arrival of 200 boats from the mainland for the annual West Highland sailing regatta, and big fight night hits the town of Scarborough on the east coast. Narrated by David Morrissey. (T) Robson Green's Wild Swimming Adventure. Conclusion. The actor prepares for his crossing to Holy Island by meeting Channel swimming coach Freda Streeter and tackling the infamous Corryvreckan whirlpool in Scotland's Inner Hebrides. Severe currents and menacing jellyfish are navigated with the help of pioneering swimmer Simon Murie, giving Robson the confidence to face his Northumberland challenge. However, as the swim gets under way he finds himself battling not only cold, currents and curious seals but his own physical limitations. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 Christmas News and Weather. (T)

10.35 London Tales: The Legends of Santa. In the second of three programmes exploring festive symbols, Fiona Phillips tries to ascertain whether Father Christmas is a real-life saint, pagan figure or commercial creation. (T)

11.35 The Late Debate. 12.05 In Plain Sight. (T) 12.50 Nightwatch with Steve Scott. Emergency. (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

LOCAL Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Direto 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Jogo Duplo 2230 Telerural 2300 Serviço de Saúde 0030 Liga dos Últimos 0115 Film 0030 Amor e Intrigas 0430 Teleales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Arquiteta 1930 Zig Zag 2030 Two and a Half Men, series 2105 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 5 Para A Meia Noite 0145 Universidades 0215 Câmara Clara 0330 Discovery Hour 0430 Euronews 0545 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viva a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca

TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0030 Turbulence, film 0230 Sempre a Somar 0400 Cashmere Mafia, series 0530 Teleales

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Sky Movies Drama

6.00 The Trench 15 (1999) 7.45 And Justice for All 18 (1979) 9.50 Breaking Away PG (1979) 11.40 North Dallas Forty 18 (1979) With Nick Nolte. 1.40 The Evening Star 15 (1996) With Shirley MacLaine. 3.50 Nine Special 4.10 Georgia Rule 15 (2007) With Jane Fonda. 6.10 In the Land of Women 12 (2007) With Adam Brody. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.45 The General's Daughter 18 (1999) With John Travolta. 11.45 We Own the Night 15 (2007) With Joaquin Phoenix. 1.50 Brighton Beach Memoirs 15 (1986) With Blythe Danner. 3.50 35MM 12 (2000) With Yesthey's Children 12 (2000)

Sky Movies Comedy

6.05 The Rocky Horror Picture Show 15 (1975) 7.50 Houseitter PG (1991) 9.35 Bachelor Party 2: The Last Temptation 15 (2008) 11.20 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 1.00 Me, Myself and Irene 15 (2000) With Jim Carrey. 3.30 The Rocky

Horror Picture Show 15 (1975) With Tim Curry. 4.45 Bulletproof 18 (1996) With Adam Sandler. 6.15 Houseitter PG (1991) With Steve Martin. 8.00 Me, Myself and Irene 15 (2000) With Jim Carrey. 10.00 In Bruges 18 (2008) With Colin Farrell. 11.50 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 1.30 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 3.20 In Bruges 18 (2008) 5.10 More of Me PG (2007)

Sky Movies Action/Thriller

6.10 Captive 15 (1998) 8.00 Airport 1975 PG (1974) 10.00 Tombstone 15 (1993) 12.20 Hitman 15 (2007) With Timothy Olyphant. 2.00 Death Race 15 (2008) With Jason Statham. 4.00 The Invasion 15 (2007) With Nicole Kidman. 5.45 Tombstone 15 (1993) With Kurt Russell. 8.00 Hitman 15 (2007) With Timothy Olyphant. 9.50 Death Race 15 (2008) With Jason Statham. 11.50 The Crew 18 (2008) With Scott Williams. 2.05 Moral Thoughts 18 (1991) With Demi Moore. 4.05 Avatar Special 4.35 Airport 1975 PG (1974)

Sky Sports 1

6.00 Live International Cricket. India v Sri Lanka. 11.30 Football League 1.00 SPL Round-Up 1.30 Soccer AM: The Best Bits 2.30 Football League 4.00 Netbusters 4.30 International Cricket 6.30 Revista De La Liga 7.30 Soccer Special 10.30 Football First 12.00 Football First 1.30 Football Asia 2.00 Scottish Premier League Football 2.30 Live Test Cricket. Australia v West Indies.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Powerboating 9.30 Great Run Series 10.00 IRB Rugby Sevens 1.00 British Rally Championship 2.00 Extra Time 2.30 Powerboating 3.00 IRB Rugby Sevens 6.00 Golf Special 6.30 Ladies European Tour Golf 7.30 Live Football Special. Birmingham City v Blackburn Rovers (Kick-off 8.00pm). 10.15 Revista De La Liga 11.15 A-League 11.45 Scottish Premier League Football 12.15 Ladies European Tour Golf 1.15 Asian Tour Golf 2.15 Revista De La Liga 3.15 Sports Unlimited 4.15 Football Asia 4.45 Revista De La Liga 5.45 Sky Sports Classics

Sky Sports 3

6.00 Premiership Years 8.00 WWE: Afterburn 9.00 Soccer AM: The Best Bits 10.00 Powder Adventures 10.30 Extra Time 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Max Power 1.00 Show Jumping 2.00 Powder Adventures 2.30 Wild Spirits 3.00 Show Jumping 4.00 Great Run Series 4.30 WWE: Smackdown 6.30 Pool 7.30 Live Scottish Premier League Football.

Dundee United v Rangers (Kick-off 7.45pm). 10.00 International Cricket 12.00 Bowls 2.00 International Cricket 4.00 Premiership Years

British Eurosport

7.30 Eurogals: One to One 7.45 Eurogals 8.30 Alpine Skiing 9.30 Bobsleigh 10.00 Eurogals 10.45 Champions Club 12.15 Ski Jumping 1.30 Biathlon 2.30 Skeleton 3.30 Luge 4.30 Bobsleigh 5.00 Champions Club 5.30 Alpine Skiing 6.30 Eurogals Flash 6.40 Destination Dakar 7.00 Strongest Man 8.00 Boxing 10.00 Freeride Spirit Show 10.15 Rallying 10.45 World Superbikes 11.45 FIA Gala 2009 12.45 Close

Sky Sports Xtra

11.00 Premiership Years 1.00 Wild Spirits 1.30 Great Run Series 2.00 Max Power 3.00 British Rally Championship 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Premiership Years 7.30 Live Greyhound Racing The William Hill Oaks. 10.00 Asian Tour Golf 11.00 Golf Special 11.30 Powerboating 12.00 Sports Unlimited 1.00 Powder Adventures 1.30 Powerboating 2.00 Wild Spirits 2.30 Golf Special 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer. (T) BBC News: Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (R) 11.00 BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (T) 4.10 Sam & Mark's Guide to Dodging Disaster. (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 Blue Peter. (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T)

6.00 BBC News: Weather. (T)
6.30 Regional News Programmes: Weather. (T)
7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T)

7.30 Big Top. Boylan lands his big break in a TV advert for personal injury lawyers. Jealous of the acrobat's success, Plonky the clown reports him to the immigration authorities. When Lizzie discovers the Eastern European performer has no UK work visa, she stops at nothing to keep Boyco in the country and even proposes marriage. The only problem is the performer will settle for no less than true love. Comedy, with Amanda Holden, John Thomson and Bruce Mackinnon. (T) BBC News: Regional News. (T)

8.00 Waterloo Road. Helen is terrified to face her teaching inspection and resorts to foul play to keep the class under control, while Chris leans of Max's threatening behaviour toward Rachel. (T)

9.00 Spooks. A double agent reveals plans to incite conflict between Hindus and Muslims on British soil, but his handler is working with Caulfield, who will go to any lengths to silence him. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T)
10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. Jodie Prenger presents. (T)

10.45 Match of the Day. Highlights of this evening's Premier League fixtures, which included Tottenham Hotspur v Manchester City at White Hart Lane and Burnley v Arsenal at Turf Moor. Spurs had won 10 of their last 11 meetings against City, while the Gunners were looking for their first league game at Burnley since 1970. Plus, highlights from last night's four matches, including Manchester United v Wolverhampton Wanderers. (T) National Lottery Update. (T)
12.00 FILM: The Crossing Guard (1995). Drama, starring Jack Nicholson. (T) Weatherview. (T) 1.50 Sign Zone. Antiques Roadshow. (R) (T) 2.50 Sign Zone. Country Tracks. (R) (T) 3.45 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (T) 6.40 Brum. (R) (T) 6.55 Ping. (R) 7.00 BBC: Monathe Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Ping. (R) 8.35 Ping. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yoko! Jakamoko! Totol! (R) (T) 10.30 In the Night Garden. (R) (T) 11.05 The Flintstones. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Lifeline. (R) (T) 2.10 Coast. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 One Man and His Dog. The competition continues from Armoy, Co Antrim. (T) 7.40 Coast. The story of the freedom fighters who undertook missions in Nazi-occupied Norway. (T) 8.00 Grow Your Own Drugs for Christmas. James Wong shows how plants lend themselves to natural remedies. (T) 9.00 The Hairy Bikers' Twelve Days of Christmas. Simon King and David Myers cook Christmas-inspired recipes. (T) 10.00 Buzzcocks: The Doctor Who Special. With Bernard Cribbins, Catherine Tate, Jamie Cullum and Jo Whaley. (T) 10.30 Newsnight: Weather. (T) 11.20 Earth: The Climate Wars. (R) (T) 12.20 An Island Parish. (R) (T) 12.50 BBC News. (T) 3.45 Close.

Pick of the Day

The Royal Variety Performance 2009, ITV1, 7.30pm

They say that when you get older, the years pass more quickly. Or, if you're a showbusiness type, then the next Royal Variety Performance seems to come around faster than ever before. Thank goodness then, that it always features top guests. Okay, so some of them can be a bit on the cheesy side, and there have been accusations in the past that the show is no longer relevant to modern audiences, but try telling that to the thousands who watch it live and the millions who tune in to see it on TV. This year, for the first time since 1955, the event will be staged at the home of British variety — Blackpool. The residents have been spoiled this year; a few weeks ago Strictly Come Dancing took place in the Tower Ballroom, now the cream of the nation's entertainers will be in action at the town's Opera House, with the Queen and the Duke of Edinburgh in attendance. Peter Kay will host the evening's entertainment. He says: "It's an honour and a privilege to be asked to host the Royal Variety, but even more of a delight to host it in Blackpool." Among those appearing will be Bette Midler, Michael Buble, Katherine Jenkins, Britain's Got Talent winners Diversity and Kay's old mate Paddy McGuinness.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Will & Grace. (R) (T) 9.00 The Hollyoaks Music Show. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Ugly Betty. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Garage Wars. (T) 12.35 3 Minute Wonder: The Estate. (R) 12.40 Wife Swap USA. (T) 1.35 FILM: Guadalcanal Diary (1943). World War Two drama, starring Preston Foster. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Sculpture. Featuring artwork by Dan Flavin. (T) 8.00 Jamie's Family Christmas. Gennaro Contaldo helps the chef prepare vegetables. (T) 8.30 Come Dine with Me Extra Portions. New series. Dinner party challenge from Blackpool. (T) 9.00 The Family. Kaki's health deteriorates as she counts down the days until Jett returns from India, but things take a turn for the worst when she has to be rushed to intensive care. (T) 10.00 True Blood. Jessica's transformation to a vampire is completed. (T) 11.20 Alan Carr: Chatty Man. (R) (T) 12.10 4Music: 4Music Favourites: Alicia Keys. (T) 12.40 4Music: 360 Sessions. (T) 1.10 4Music: This Week's 4Music Top 20. 3.00 The Dead Zone. (R) (T) 3.45 Deadliest Catch. (R) (T) 4.30 30 Elsewhere. (R) (T) 5.20 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake! Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Funky Valley. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Hana's Helpline. (R) (T) 8.45 The WotWots. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Milkshake! Pop Box. (R) (T) 9.05 Pocoyo. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Home and Away. (T) 2.20 Sea Patrol UK. (R) (T) 3.20 I Own Britain's Best Home: Flying Visits. (R) (T) 3.40 FILM: Our First Christmas (2008). Premiere. Family drama, starring Katerina Graham. (T) 5.30 Five News with Natasha Kaplinsky: Weather. (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Highland Emergency. Two climbers are stranded on Ben Nevis. (R) (T) 7.30 Five News Update. (T) 8.00 Britain's Best Brain. The final, presented by Zoe Ball and Jamie Theakston. Last in the series. (T) 8.00 Five News at 9. 9.00 The Exorcist: The True Story. The real-life incident that inspired the film. (T) 10.00 FILM: The Exorcist (1973). A girl is possessed by a demonic entity which only one priest has the inner strength to tackle. Horror, starring Linda Blair and Jason Miller. Includes Five News Update. (T) 12.20 Poker. (T) 2.05 SuperCasino. 3.00 Great Run Series. (R) 4.00 UEFA Europa League Football. (R) 5.10 Great Scientists. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight: Weather. (T)
6.30 ITV News and Weather. (T)
7.00 Emmerdale. Carl discovers that Chas knew about Cain's money and accuses her of constantly putting her family before him. Maisie flirts with Jai, but she is horrified when he suggests they take it further, while Lisa receives an unexpected offer, but gets little support from Zak. (T)

7.30 The Royal Variety Performance 2009. Peter Kay hosts the 81st star-studded event from the Opera House Theatre in Blackpool, where a roster of stars from the worlds of music, comedy and theatre perform in the presence of the Queen and the Duke of Edinburgh. Topping the bill are Bette Midler, Whoopi Goldberg and the cast of the musical Sister Act, and dance troupe Diversity, who were given the chance to perform on this show when they won Britain's Got Talent earlier this year. Music is provided by Lady GaGa, Michael Buble, Mika, Miley Cyrus, Katherine Jenkins, Faryl Smith, the Soldiers and the stars of Here Come the Girls - Lulu, Anastacia and Chaka Khan. Plus, as this year's X Factor winner heads for a Christmas number one, 2008 champion Alexandra Burke performs on stage. Jason Manford, Paddy McGuinness, Paul Zerdin and Adam Hills ensure there is no shortage of laughs tonight, and Bob Golding pays tribute to comedy legend Eric Morecambe. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: The Sixth Sense (1999). Supernatural thriller, starring Bruce Willis. (T)

12.30 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 1.25 Loose Women. (R) 2.15 The Jeremy Kyle Show. (T) 3.05 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Linha da Frente 2130 O Que Se Passou Foi Isto 2200 Jogo Duplo 2300 Contra Informação 2330 Film 0130 Film 0330 Amor e Intrigas 0430 TeleSales 0605 Nôs

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0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 2000 Zig Zag 2045 Two and a Half Men, series 2115 Discovery Hour 2200 News 2240 Chuck, series 2330 Documentary 0030 5 Para A Meia Noite 0130 Universidades 0200 Bastidores 0230 Biosfera 0300 Discovery Hour 0400 Euronews 0500 Sociedade Civil

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Best of the Rest

BBC3
7.00 Doctor Who 7.55 Doctor Who's Greatest Moments 8.10 Film: Shanghai Knights 12 (2003) 10.00 Move Like Michael Jackson 11.00 Family Guy 11.25 Family Guy 11.45 Spooks 12.45 Move Like Michael Jackson 1.45 Two Pints of Lager and a Packet of Crisps 2.15 The noughties - was that it? 3.15 Blood, Sweat and Takeaways 4.15 Young Chef of the Year 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Versailles Stories 8.00 Russia: A Journey with Jonathan Dimbleby 9.00 Art of Russia 10.00 Flight of the Conchords 10.25 We Need Answers 10.55 Wallander 12.25 How Do You Solve a Problem Like Lolita? 1.25 Art of Russia 1.55 Mark Lawson Talks to AS Byatt 3.00 We Need Answers 4.00 Close

ITV2
1.00 Enter the World of James Cameron 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Harry Hill's the Best of TV Bump 7.30 The Planet's Funniest Animals 8.00 Gossip Girl 9.00 The Xtra Factor: Best and Worst 2009 10.00 Film: The Last Samurai 15 (2003) 1.00 The Xtra Factor: Best and Worst 2009 2.00 Emmerdale 2.25 Shopping 4.55 Gossip Girl 5.45 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 Futurama 5.30 Futurama 6.00 Ops TV 7.00 The Simpsons 7.00 Project Runway 10.00 UK Border Force 11.00 Cold Case 12.00 Road Wars 1.00 Ross Kemp on Gangs 1.30 Road Wars 2.40 X-Weighted 3.30 Derek Acorah 4.20 So You Think You're Safe? 5.10 Are You Smarter Than a 10 Year Old?

GOLD
1.35 Butterflies 2.15 The Brittas Empire 3.00 The Thin Blue Line 3.40 Porridge 4.20 As Time Goes By 5.00 dinnerladies 5.40 Only Fools and Horses 6.50 The Vicar of Dibley 8.00 Whatever Happened to the Likely Lads? 9.00 To the Manor Born 10.15 Only Fools and Horses 11.20 Absolutely Fabulous 12.00 Men Behaving Badly 12.40 The New Adventures of Old Christine 1.10 Absolutely Fabulous 1.50 Men Behaving Badly 2.20 Butterflies 2.50 Posh Nosh 3.00 Close

TCM
1.05 Springfield Rifle U (1952) 3.00 Selena PG (1997) 5.25 The Big Trees PG (1952) 7.10 My Favorite Year PG (1982) 9.00 The Lost Boys 15 (1987) 10.55 Pink Floyd: The Wall 15 (1982) 12.50 Fame 15 (1980) 3.00 Teleshopping 5.00 Springfield Rifle U (1952)

The Disney Channel
Kids' programmes from 7am

Sky Movies Drama

6.00 Redemption of the Ghost PG (2001) 8.00 Nine Special 8.15 On Broadway 12 (2007) 10.00 The Legend of 1900 15 (1998) 12.10 35MM 12.40 The Mexican 15 (2001) With Brad Pitt 2.55 Eye of the Dolphin PG (2006) With Carly Schroeder 4.45 Avatar Special 5.15 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis 7.00 The American President 15 (1995) With Michael Douglas 9.00 21 12 (2008) With Kevin Spacey 11.05 The Boy in the Striped Pyjamas 12 (2008) With David Thewlis 12.50 Guilty as Sin 15 (1993) With Rebecca De Mornay 2.45 Working Girl 15 (1988) With Melanie Griffith 4.45 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.40 St Trinian's 2 Special 7.05 National Lampoon's Vacation 15 (1983) 8.50 Step Brothers 15 (2008) 10.00 Alex Zane's Guest List 11.20 King Ralph PG (1991) With John Goodman 1.05 Miss Pettigrew Lives for a Day PG (2008) With Frances McDormand 2.40 Galaxy Quest PG (1999) With Tim Allen 6.40 Avatar Special 7.15 Havana PG (1990) 9.50 In the Name of the King: A Dungeon Siege Tale 12 (2007) 12.10 Johnny Handsome 15 (1989) With Mickey Rourke 1.50 Next of Kin 15 (1989) With Patrick Swayze 2.45 Avatar Special 4.15 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham 6.25 Vantage Point 12 (2008) With Dennis Quaid 8.00 No Country for Old Men 15 (2007) With Josh Brolin 10.05 Kill Switch 18 (2008) With Steven Seagal 11.45 Vantage Point 12 (2008) With Dennis Quaid 1.20 Body of Evidence 18 (1992) With Madonna 3.05 The Corruptor 18 (1999) 5.00 Point Last Seen PG (1998)

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BBC1

6.00 Breakfast. (T) 9.15 Animal 24/7. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 ChuckleVision. (T) 4.10 Sam & Mark's Guide to Dodging Disaster. (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T) BBC News; Weather. (T)

6.00 Regional News Programmes; Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Aunt Sal causes trouble at the Mitchells' Christmas lunch, while Ben asks Ian to give Phil an extension on the loan. Charlie finds a way to sign Mo up as director of the local nativity play. Amira visits her imprisoned father (This Life's Ramon Tikaram) and Whitney is told to expect a verdict on the trial tomorrow. (T) BBC News; Regional News. (T)

8.00 Countryfile at Christmas. Matt Baker and Julia Bradbury head to Adam Henson's farm in the Cotswolds for a festive dinner, where they help feed his rare-breed animals and join him to bed down the cattle for the festive season. James Wong discovers novel ways to dispose of Christmas trees, John Craven meets farmers harvesting their crops through the winter, and Katie Knappman and Jules Hudson discover what goes on behind the scenes of a stately home. (T)

9.00 **Gavin & Stacey.** Pete and Dawn prepare to renew their wedding vows, Gavin feels uncomfortable with Gwen and Bryn knowing about his sex life, and Dave hears about the events of the curry night. (T)

9.30 QI. Jo Brand, Rob Brydon and Jimmy Carr join regular panelist Alan Davies and host Stephen Fry to answer questions on the subject of geography. (T)

10.00 BBC News. (T) 10.25 Regional News; Weather. (T) 10.35 The Best of Would I Lie to You? (And Unseen Bits). Highlights from the comedy panel show hosted by Rob Brydon, in which David Mitchell and Lee Mack are joined by celebrity guests to hoodwink their opponents with absurd facts. (T) 11.10 This Week; (T) Skating Weather. (T) 12.00 Sign Zone: Panorama. (R) (T) 12.30 Sign Zone: Life. (R) (T) 1.30 Sign Zone: Ray Mears' Northern Wilderness. (R) (T) 2.30 Sign Zone: Travelers. (R) (T) 3.30 BBC News. (T)



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Brum. (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokoi! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (R) (T) 6.00 Celebrity Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Culture Show. An interview with Daniel Day-Lewis. Last in the series. (T) 8.00 The Restaurant. Two couples compete in the final, receiving masterclasses from Raymond Blanc and David Moore in preparation for a prestigious banquet at a stately home. Last in the series. (T) 9.00 Rick Stein's Christmas Odyssey. The chef creates recipes using cold turkey. (T) 10.00 Grumpy Old Women at Christmas. A mature female perspective on Christmas. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Earth: The Climate Wars. (R) (T) 12.20 The Culture Show. (R) (T) 1.20 BBC News. (T) 3.30 Close.

Pick of the Day

Gavin & Stacey, BBC1, 9pm

No matter how old people are, they usually never get over the embarrassment of talking about sex with older relatives. If there's anything that's guaranteed to turn grown men and women back into red-faced teenagers, it's discussing bedroom antics with their elders and betters. So spare a thought for poor Gavin, who's horrified by the thought that Gwen and Bryn know what he and Stacey get up to in the wee small hours. You can bet that Bryn, for one, is thrilled about it. He is, after all, a little bit obsessed with Gavin. Meanwhile, Smithy proves himself a friend indeed when he makes a suggestion — unfortunately, nobody else seems to think it's a good idea. Quite the opposite in fact. Elsewhere, the Welsh gang head to Billerica, where they're hoping to help Pete and Dawn celebrate renewing their vows. But there could be a fly in the ointment when Dave discovers what happened during the curry night in Essex. James Corden, Ruth Jones, Mathew Horne, Joanna Page and Rob Brydon head the cast of the award-winning sitcom.

C4

6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.25 Will & Grace. (R) (T) 8.55 The Hollyoaks Music Show. (R) (T) 9.30 Friends. (R) (T) 10.00 Friends. (R) (T) 10.30 The Big Bang Theory. (R) (T) 11.00 Wife Swap USA. (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Garage Wars. (T) 12.35 3 Minute Wonder: The Estate. (R) (T) 12.40 The Paul O'Grady Pantomime Special. (R) (T) 1.40 FILM: Went the Day Well? (1942). World War Two drama, starring Leslie Banks. (T) (bw) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: This Is Sculpture. Mike Figgis takes a work of art to the Liverpool Stadium Union toilets. Last in the series. (T) 8.00 Jamie's Family Christmas. Alternatives to traditional festive desserts. (T) 8.30 Come Dine with Me Extra Portions. Andrea Maddocks hosts the second dinner party from Blackpool. (T) 9.00 Teens and Tiaras. Upper-class women are taught how to attract potential suitors. (T) 10.00 Alan Carr: Chatty Man. With Bette Midler and JLS. (T) 10.50 Without a Trace. (T) 11.45 Lives of the Artists. 12.50 The Government Inspector. (R) (T) 2.50 The Dead Zone. (R) (T) 3.40 Deadliest Catch. (T) 4.25 St Elsewhere. (R) (T) 5.15 One Tree Hill. (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fit and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. 8.30 Thomas & Friends. (R) (T) 8.45 The WotWots. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Milkshake! Pop Box. (R) (T) 9.05 Pocoyo. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Home and Away. (T) 2.20 Sea Patrol UK. (R) (T) 3.20 I Own Britain's Best Home Flying Visits. (R) (T) 3.35 FILM: Picking Up and Dropping Off (2003). Romantic comedy, starring Scott Wolf and Amanda Detmer. (T) 5.30 Five News with Natasha Kaplinsky. Weather. (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Live UEFA Europa League Football. Everton v BATE Borisov (Kick-off 8.05pm). Colin Murray is joined by Pat Nevin and Stan Collymore to present coverage of both sides' final Group 1 encounter, held at Goodison Park. (T) 10.15 FILM: Enter the Dragon (1973). A secret agent enters a no-holds-barred kung fu contest in a bid to infiltrate a drugs ring. Martial arts thriller, starring Bruce Lee and John Saxon. (T) 12.15 SuperCasino. 4.00 Summer X Games. (R) 4.45 HouseBusters. (R) (T) 5.10 Great Scientists. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Marshmallow Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV News and Weather. (T)

7.00 Emmerdale. Chas gives Carl an ultimatum, while Andy and Adam fail to notice one of the barrels crack as they clear the barn. Maisie accuses Katie of giving Jai the wrong impression. (T)

7.30 River Monsters. The fossil record shows that the arapaima fish has roamed the waters of the Amazon River since the Jurassic age, and uses its bony tongue to crush prey against the roof of its mouth before swallowing. Biologist and extreme angler Jeremy Wade encountered this creature once before and came out second best, so this time is taking no chances as he investigates every aspect of this vast creature. (T)

8.00 Emmerdale. Carl forces Debbie to open the safe, and after discovering it is empty, he furiously marches her back to Tug Ghyll. Sally tells Ashley she cannot cope with their broken friendship. (T)

8.30 Coronation Street. Michelle forces a confession out of Carla and shares it with the whole street. Kevin and Molly take the stress of their affair out on Sally and Tyrone by dashing their plans. Sunita agrees to discuss access to the children, but Dev knows how close she is to banning him from seeing them. (T)

9.00 The Bill. A convicted murderer reaching the end of his sentence learns his 15-year-old daughter has disappeared and the Sun Hill detectives suspect revenge is involved when investigations reveal she had been going out with the victim's son. Pippa Hawkey guest stars as the bitter widow who refuses to co-operate with the inquiry, fearing she may lose her son as well as her husband. (T)

10.00 ITV News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: The Nutty Professor (1996). Comedy remake, starring Eddie Murphy. (T)

12.25 Motorsport UK. (T) 1.15 The Cosby Mysteries; (R) (T) ITV News Headlines. 2.00 Loose Women. (R) 2.55 ITV Nightscreen.

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Um Lugar Para Viver 2200 Jogo Duplo 2300 Corredor do Poder 0000 Quarto Crescente 0100 Film 0245 Amor e Intrigas 0430 Telesales 0605 Nôs

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 Nacional Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciação 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Fringe, series 0015 5 Para A. Meia Noite 0100 Iniciação 0215 Discovery Hour 0315 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nôs Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0045 NCIS, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Manhã 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Meu Amor 2230 Deixa Que Te Leve 2330 Sentimentos 0045 The Return Wife, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 Cashmere Mafia, series 0530 Telesales

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MOVIES

Sky Movies Drama

6.30 To Be Fat Like Me FM (2007) 8.10 The Astronaut Farmer PG (2006) 10.00 Avatar Special 10.30 Gloria 15 (1980) 12.35 Daylight Robbery 15 (2007) With Geoff Bell. 2.20 Get Real 15 (1999) With Ben Silverstone. 4.20 Brubaker 15 (1980) With Robert Redford. 6.40 Across the Universe 12 (2005) With Evan Rachel Wood. 9.00 Thicker Than Thieves 11 (2009) With Morgan Freeman. 10.50 Brideshead Revisited 12 (2008) With Matthew Goode. 1.05 Do the Right Thing 18 (1989) With Spike Lee. 3.10 Happiness 18 (1998) 5.30 The Movie Geek

Sky Movies Comedy

6.25 The Love Letter 15 (1999) 7.55 Bowfinger 12 (1999) 9.35 National Lampoon's European Vacation 15 (1985) 11.15 Smoke and the Bandit II PG (1980) With Burt Reynolds. 1.00 Road Trip 15 (2000) With Breckin Meyer. 2.35 Blazing Saddles 15 (1974) With Mel Brooks. 4.15 The War of the Roses 15 (1989) With Michael Douglas. 6.15 Smoke and the Bandit II PG (1980) With

Burt Reynolds. 8.00 Road Trip 15 (2000) With Breckin Meyer. 9.40 Blazing Saddles 15 (1974) With Mel Brooks. 11.20 National Lampoon's European Vacation 15 (1985) With Chevy Chase. 1.00 Wedding Daze 15 (2006) With Jason Biggs. 2.40 The War of the Roses 15 (1989) With Michael Douglas. 4.40 Death Becomes Her PG (1992)

Sky Movies Action/Thriller

6.35 The Return of the Musketeers PG (1989) 8.25 F/X2: The Deadly Art of Illusion 15 (1991) 10.15 National Treasure: Book of Secrets PG (2007) 12.20 88 Minutes 18 (2007) With Al Pacino. 2.20 Demolition Man 15 (1993) With Sylvester Stallone. 4.20 National Treasure: Book of Secrets PG (2007) With Nicolas Cage. 6.25 Babylon AD 15 (2008) With Vin Diesel. 8.00 Demolition Man 15 (1993) With Sylvester Stallone. 10.08 88 Minutes 18 (2007) With Al Pacino. 11.50 The Condemned 18 (2007) With Steve Austin. 1.50 Babylon AD 15 (2008) With Vin Diesel. 3.25 Eastern Promises 18 (2007) 5.15 The Return of the Musketeers PG (1989)



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SPORT

Sky Sports 1

6.00 Live Test Cricket. Australia v West Indies. 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 NFL: America's Game 6.00 Premier League World 6.30 Phil Taylor's World 7.30 Live European Rugby Union Special. Bayonne v London Wasps (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Premier League World 11.30 Test Cricket 1.30 Phil Taylor's World 2.30 Time of Our Lives 3.30 Premier League World 4.00 Premiership Years

Sky Sports 2

6.00 Good Morning Sports Fans 8.00 European Tour Weekly 8.30 Live European Tour Golf. The South African Open. 10.30 Asian Tour Weekly 11.00 FEI Equestrian World 11.30 Football First 1.00 Powerboating 1.30 Live European Tour Golf. The South African Open. 3.30 Asian Tour Weekly 4.00 Ten Pin Bowling 5.00 Watersports World 6.00 Powder Adventures 6.30 FEI Equestrian World 7.00 Powerboating 7.30 Premier League World 8.00 Test Cricket 10.00 Test Cricket 11.00 Race World 12.00 NFL: America's Game 1.00 Live NFL. Jacksonville Jaguars v Indianapolis Colts (Kick-off 1.20am). 4.30 Premier League World 5.00 FEI Equestrian World 5.30 Powder Adventures

Sky Sports 3

6.00 Premiership Years 8.00 WWE: Experience 9.00 Powder Adventures 9.30 Powerboating

10.00 Ten Pin Bowling 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Football First 2.00 WWE: Experience 5.00 WWE Vintage Collection 6.00 Aerobics Oz Style 6.30 Great Run Series 7.00 Golf Night 9.00 Phil Taylor's World 10.00 WWE: Late Night - Raw 1.00 Extreme Championship Wrestling 2.00 FEI Equestrian World 2.30 Live Test Cricket. Australia v West Indies.

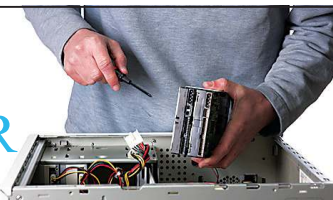
British Eurosport

7.35 WATTS 7.45 Destination Dakar 8.00 World Touring Car Championship 9.00 Biathlon 10.15 Live Biathlon. World Cup coverage from Pokljuka in Slovenia. 12.00 Biathlon 1.15 Live Biathlon. Further World Cup coverage from Pokljuka in Slovenia. 3.00 Wintersports: Breaking the Ice 3.15 Live Snooker. The Six-Red World Championship. 6.00 Eurogals Flash 6.10 Live Snooker. The Six-Red World Championship. 7.00 World Touring Car Championship 8.00 Equestrian 8.30 Live Equestrian. The Olympia International Horse Show. 10.00 Figure Skating 11.45 Skeleton 12.25 Close

Sky Sports Xtra

11.00 Premiership Years 1.00 Ten Pin Bowling 2.00 Watersports World 3.00 FEI Equestrian World 3.30 Powerboating 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Premiership Years 7.00 Race World 8.00 Netball 10.00 Live Poker. Coverage of the online Sky Poker Bounty Hunter tournament. 12.00 Golf Night 2.00 European Rugby Union Special 4.30 Close

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BBC1

Pick of the Day

ITV1

6.00 Breakfast. (T) 9.15 Animal 24-7. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 Living Dangerously. (T) 11.45 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Show Me Show Me. (R) (T) 3.35 CBBC: Tronji. (R) (T) 3.55 Chuckle/Vision. (T) 4.10 Sam and Mark's Guide to Dodging Disaster. (T) 4.20 Shaun the Sheep. (T) 4.25 Shaun the Sheep. (R) (T) 4.35 The Sarah Jane Adventures. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T) BBC News; Weather. (T) 6.00 Regional News Programmes; Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T) BBC News; Regional News; EastEnders. Peggy starts to contemplate a future with Archie when the divorce papers arrive. Mo struggles as director of the nativity play and Whitney learns the verdict on Tony. Zainab is upset by Christian's lack of commitment to the wedding rehearsals, while Jane gives up on the idea of adoption. (T) 8.30 A Question of Sport. Sue Barker hosts the quiz, as British number one tennis player Anne Keothavong, former England footballer Darren Anderton, three-time Ryder Cup-winning golfer Paul McGinley and one-time West Ham United manager Alan Curbishley join regular team captains Matt Dawson and Phil Tufnell. (T) 9.00 Have I Got News for You. Bill Bailey hosts the current affairs quiz, with regular team captains Ian Hislop and Piers Morgan. Last in the series. (T) Live at the Apollo. Al Murray hosts the stand-up comedy show from the Hammersmith Apollo, and welcomes guests Chris Addison and Tim Vine. (T) BBC News. (T) 10.00 Regional News; Weather. (T) 10.25 Friday Night with Jonathan Ross. The presenter is joined by Golden Globe-winning actor Hugh Grant, who became popular after his performance in Four Weddings and a Funeral, and stars in the forthcoming movie Did You Hear About the Morgans? The host also interviews R'nB singer Rihanna, who performs in the studio, and welcomes Emmy Award-winning comedian Eddie Izzard, who has enjoyed success with his stand-up shows including Dress to Kill and Stripped. Last in the series. (T) 11.35 The National Lottery EuroMillions Draw. Carole Machin presents the draw. (T) 11.45 FILM: Terminal Velocity (1994). Thriller, starring Charlie Sheen; (T) Weatherwise. (T) 1.25 Sign Zone: School of Saatchi. (R) (T) 2.25 Sign Zone: DIY SOS: The Big Build. (R) (T) 3.25 Sign Zone: Delia's Classic Christmas. (R) (T) 4.25 BBC News.



BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (T) 6.40 Brum. (T) 6.55 Pingu. (R) 7.00 CBBC: Mona the Vampire. (R) (T) 7.15 Mona the Vampire. (R) (T) 7.25 Newsround. (T) 7.30 Deadly 60. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Pingu. (R) 8.35 Pingu. (R) 8.45 Pinky Dinky Doo. (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Eelbert the Tiger. (R) (T) 10.05 Clifford. (R) (T) 10.20 Yokol Jakamok! Totol! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 FILM: Secret Santa (2003). Family drama, starring Jennie Garth. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Animal Park. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Ready Steady Cook. (T) 5.15 Escape to the Country. (T) 6.00 Strictly Come Dancing - It Takes Two. (T) 7.00 One Man and His Dog. The Supreme round. Last in the series. (T) 7.40 Coast. A woman whose childhood was spent in the Isle of Man's internment camps. (T) 8.00 We Are Family. The Gough brothers try to solve their differences. Last in the series. (T) 9.00 Victorian Farm Christmas. The farmers begin restoring the village blacksmith's forge. (T) 10.00 Beautiful People. Simon falls in love. Last in the series. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review. (T) Weather. (T) 12.00 Madness: The Liberty of Norton Folgate. (T) 1.05 Medium. (R) (T) 1.50 Medium. (R) (T) 2.30 FILM: The Hostage (1967). Crime drama, starring Don O'Kelly. (T) 3.50 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 Planet Cook. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.25 Will & Grace. (R) (T) 8.55 The Hollyoaks Music Show. (R) (T) 9.25 Friends. (R) (T) 9.55 Friends. (R) (T) 10.25 The Big Bang Theory. (R) (T) 10.55 Willie's Perfect Chocolate Christmas. (R) (T) 12.00 News at Noon. (T) 12.30 Kirstie's Homemade Christmas. (R) (T) 1.25 Kirstie's Homemade Christmas. (R) (T) 2.25 Kirstie's Homemade Christmas. (R) (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Come Dine with Me Extra Portions. Simon Green hosts the penultimate dinner party in Blackpool. 8.00 Jamie's Family Christmas. Tips on preparing food before a party. Last in the series. (T) 8.30 Come Dine with Me Extra Portions. Cass Walla hosts the final dinner party in Blackpool. Last in the series. 9.00 Heston's Christmas Feast. Chef Heston Blumenthal creates a unique festive feast inspired by dishes of the past, including an appetiser made of whale vomit and an edible Christmas scene. (T) 10.05 Comedy Showcase: Girl Friday. (T) 10.35 The IT Crowd. (R) (T) 11.05 Russell Brand's Christmas Ponderland. (R) (T) 11.40 FILM: Donkey Punch (2008). Premiere. British thriller, starring Jaime Winstone. 1.35 FILM: The Black Dahlia (2006). Premiere. Forties-set crime thriller, starring Josh Hartnett. 3.40 World Sport. (R) (T) 4.05 Beach Volleyball. (T) 5.00 Freesports on 4. (R) (T) 5.25 One Tree Hill. (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowerots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Peppa Pig. (R) (T) 8.30 Thomas & Friends. (R) (T) 8.45 The WotWots. (R) (T) 8.55 Bert and Ernie's Great Adventures. (R) (T) 9.00 Milkshake! Bop Box. (R) (T) 9.05 Pocoyo. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Medical Investigation. (R) (T) 12.35 Five News. (T) 12.50 Medical Investigation. (R) (T) 1.45 Home and Away. (R) 2.20 Sea Patrol UK. (R) (T) 3.20 I Own Britain's Best Home: Flying Visits. (R) (T) 3.35 FILM: A Christmas Memory (1997). Drama, starring Patty Duke. (T) 5.30 Five News; Weather. (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke. (R) (T) 7.30 Five News Update. (T) 8.00 Axe Men. Jimmy Smith begins aqua logging in a decommissioned boat that is badly damaged, and Bart Colantuono finds himself in a dangerous situation mid-flight. (T) 8.00 Five News at 9. 9.00 NCIS. A child claims his father has been kidnapped. (R) (T) 10.00 Law & Order: Special Victims Unit. The Unit investigates a ritualistic murder. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 4.00 Big Ideas That Changed the World. (R) (T) 4.40 HouseBusters. (R) (T) 5.10 Great Scientists. (R) (T) 5.35 Home and Away. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV News and Weather. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) 5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV News and Weather. (T) 7.00 Emmerdale. Ashley's behaviour worries his parishioners, and Charity visits Debbie following the ordeal, but is given short shrift again. Pollard tries to prove his culinary skills. (T) 7.30 Coronation Street. Kevin agrees to go to Paris with Sally only when he learns cancelling will cost money, but cannot face telling Molly about the trip. Roy helps Hayley in her struggle to forgive Carla, but Ben's attempt to comfort Michelle leaves her horrified. Rosie informs her mother of a job offer, and Gail shows a prospective buyer round No 8. (T) 8.00 You've Been Framed! Harry Hill narrates a selection of camcorder calamities and viewers' mobile phone footage, including a Jedi who has an accident with his lightsaber. (R) 8.30 Coronation Street. Audrey attends the Weatherfield Council Christmas party with Norris, and is introduced by an old friend to a charming man she is surprised to learn is an escort. Hayley persuades the factory girls to give Carla another chance, while Gail and Joe set their wedding date. With guest appearances by Rula Lenska and Nigel Hawes. (T) 9.00 Mister Eleven. Conclusion. Stunned to discover Dan was lover number 10, not Mr Eleven, and therefore does not fit the statistical profile for husband material, Sam postpones the wedding. As the spumed groom copes with the crisis by burying his head in the sand, Sam yields to temptation and arranges to meet Alex - which only serves to make her dilemma deeper. Comedy drama, starring Michelle Ryan and Sean Maguire, with Adam Garcia, Dennis Lawson, Olivia Colman and Lynda Bellingham. (T) 10.00 ITV News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.35 FILM: Nutty Professor II: The Klumps (2000). Comedy sequel, starring Eddie Murphy. (T) 12.30 Nightwatch with Steve Scott: Crime; (R) (T) 12.30 News Headlines. 1.20 FILM: Red Rock West (1992). Thriller, starring Nicolas Cage. (T) 3.00 ITV Nightscreen.

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RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2045 Two and a Half Men, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0015 5 Para A Mela Noite 0130 Palcos 0300 Bastiões 0330 Discovery Hour 0400 Euronews 0515 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 0900 Uma Aventura 0930 O Mundo de Patty 1000 Campanhã das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2200 Cenas do Casamento 2300 Viver a Vida 0030 NCIS, series 0130 Criminal Minds, series 0230 Quando o Telefone Toca <channelvsm>TVI
0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Euronews 2145 Meu Amor 2245 Deixa Que Te Leve 2345 Sentimentos 0030 Congo, film 0300 Sempre a Soma 0430 Cashmere Mafia, series 0530 Teleseles

BBC3
7.00 Swimming 9.00 Merlin 9.45 Merlin Secrets and Magic, 10.00 EastEnders 10.30 Move Like Michael Jackson 11.35 Family Guy 12.00 Family Guy 12.15 Move Like Michael Jackson 1.15 Two Pints of Lager and a Packet of Crisps 1.45 Russell Howard's Good News Xmas Special 2.15 Move Like Michael Jackson 3.15 Move Like Michael Jackson 4.15 Two Pints of Lager and a Packet of Crisps 4.45 Russell Howard's Good News Xmas Special 5.15 Greek Uncovered 5.30 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 The Orson Welles Sketchbook 7.45 In the Spirit of Diaghilev 9.00 Riot at the Rite 10.30 The Roxy Music Story 11.25 Crooked House 11.55 We Need Answers 12.25 Only Connect 12.55 Transatlantic Sessions 1.25 For Art's Sake - The Story of Ballets Russes 2.25 Riot at the Rite 3.55 Close

ITV1
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Judge Judy 5.00 The X Factor 7.00 The X Factor 9.00 The Xtra Factor: Best and Worst 2009 10.00 Film: The Dukes of Hazzard 12 (2005) 12.15 Coronation Street 12.45 Coronation Street 1.15 The Xtra Factor: Best and Worst 2009 2.15 Emmerdale 2.40 Teleshopping 5.10 Gossip Girl 5.55 ITV2 Nightscreen

Sky
1.00 My Breasts Could Kill Me 2.00 Angela and Friends 3.30 Sell Me the Answer 4.30 Lion Man 5.00 WWE Superstars 6.00 Oogs TV 7.00 The Simpsons 7.30 The Simpsons 8.00 Angela and Friends 9.00 Justin Lee Collins: Ten Pin Bowler 10.00 Film:

Shift 18 (2000) 11.55 Jack Johnson En Concert 12.25 Ross Kemp on Gangs 1.25 Road Wars 2.20 Road Wars 3.05 Derek Acorah 4.10 Nothing but the Truth 5.05 So You Think You're Safe? **GOLD**
1.20 Last of the Summer Wine 2.55 The Brittas Empire 3.35 After You've Gone 4.15 Porridge 4.55 As Time Goes By 5.35 Last of the Summer Wine 6.15 dinnerladies 6.55 Only Fools and Horses 8.00 Blackadder's Christmas Carol 9.00 Men Behaving Badly 10.00 Film: Beetlejuice 15 (1988) 12.00 Men Behaving Badly 12.40 Early Doors 1.20 Early Doors 2.00 Men Behaving Badly 2.30 Early Doors 3.00 Close

TCM
1.00 Funny Farm PG (1988) 3.00 Gypsy PG (1962) 5.50 The Boy Friend U (1971) 8.30 The Screening Room 9.00 Spawn 15 (1997) 10.55 Point Blank 18 (1967) 12.40 Inside Daisy Clover 15 (1965) 3.00 Teleshopping 5.00 Funny Farm PG (1988)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: A Muppets Christmas: Letters to Santa U (2008) Puppet comedy, with Richard Griffiths. 9.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez. 10.35 Film: A Muppets Christmas: Letters to Santa U (2008) Puppet comedy, with Richard Griffiths.

Sky Movies Drama
6.00 The War PG (1994) 8.10 St Trinian's 2 (2006) 8.30 Ride with the Devil 15 (1999) 10.50 I Could Never Be Your Woman 12 (2007) 12.30 Snow Falling on Cedars 15 (1999) With Ethan Hawke. 2.45 Schindler's List 15 (1993) With Liam Neeson. 6.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 8.00 Pride and Glory 15 (2008) With Colin Farrell. 10.15 Coyote Ugly 12 (2000) With Piper Perabo. 12.00 Body Shots 18 (1999) With Sean Patrick Flanery. 2.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 4.00 Nine Special 4.15 Can't Be Heaven PG (1999)

Sky Movies Comedy
6.30 The Game Plan U (2007) 8.25 Monty Python's The Meaning of Life 15 (1983) 10.25 Family Show 10.55 Tropic Thunder 15 (2008) 12.55 Semi-Pro 15 (2008) With Will Ferrell. 2.30 The Game Plan U (2007) With Dwayne Johnson. 4.30 The Nanny Diaries 12 (2007) With

Scarlett Johansson. 6.20 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 8.00 Disaster Movie 12 (2008) With Matt Lanter. 9.30 Tropic Thunder 15 (2008) With Ben Stiller. 11.20 Semi-Pro 15 (2008) With Will Ferrell. 12.55 Harold & Kumar Escape from Guantanamo Bay 18 (2008) With Kal Penn. 2.40 Disaster Movie 12 (2008) With Matt Lanter. 4.15 Bill & Ted's Bogus Journey PG (1991)

Sky Movies Action/Thriller
7.00 The Game 15 (1997) 9.15 The Mummy 12 (1999) 11.25 Cleaner 15 (2007) With Samuel L. Jackson. 1.00 Dragon: The Bruce Lee Story 15 (1993) With Jason Scott Lee. 3.05 The Game 15 (1997) With Michael Douglas. 5.20 The Mummy 12 (1999) With Brendan Fraser. 7.25 Cleaner 15 (2007) With Samuel L. Jackson. 9.00 Bangkok Dangerous 18 (2008) With Nicolas Cage. 10.45 Renegades 18 (1989) With Kiefer Sutherland. 12.35 American Gangster 18 (2007) With Denzel Washington. 3.15 Dragon: The Bruce Lee Story 15 (1993) 5.20 Copperhead 18 (2008)

Sky Sports 1
6.00 Good Morning Sports Fans 8.00 Live Test Cricket. South Africa v England. 4.00 Test Cricket 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Football League Weekend 7.00 Live Darts. Day one of the 2010 PDC World Championship. 12.00 Test Cricket 2.40 Friday Night Night 4.00 World Sport 4.30 Football League Weekend 5.30 Premier League Preview

Sky Sports 2
6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 Transworld Sport 8.00 Premier League World 8.30 Live European Tour Golf. The South African Open. 10.30 Premier League World 11.00 Racing News 11.30 Powder Adventures 12.00 Phil Taylor's World 1.00 Premier League World 1.30 Live European Tour Golf. The South African Open. 3.30 Phil Taylor's World 4.30 Premier League World 5.00 NFL: Total Access 6.00 Phil Taylor's World 7.00 Premier League Preview 7.30 Live European Rugby Union. Newport-Gwent Dragons v Biarritz (Kick-off 8.00pm). 10.00 Live Friday Fight Night. Top bouts. 12.00 European Rugby Union 2.30 Live Test Cricket. Australia v West Indies.

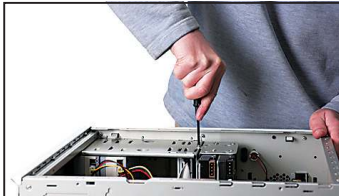
Sky Sports 3
6.00 Live Test Cricket. Australia v West Indies. 9.00 Live International Cricket. India v Sri Lanka. 5.00 Elite League Ice Hockey 7.00 Tights Lines 8.00 Test Cricket 10.00 International Cricket 11.00 Test Cricket 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Powerboating 3.30 Kiteboarding 4.00 Premiership Years

British Eurosport
7.35 Biathlon 8.45 Biathlon 10.00 Live Alpine Skiing. World Cup coverage from Val d'Isère in France. 11.00 Live UEFA Champions League Draw. Coverage of the draw for the last 16. 11.45 Eurogoals: One to One 12.00 Live UEFA Europa League Draw. The draw for the last 32 and last 16. 12.30 Alpine Skiing 1.00 Live Alpine Skiing. Further World Cup coverage from Val d'Isère in France. 1.45 Live Ski Jumping. World Cup qualifying from Engelberg in Switzerland. 2.45 Alpine Skiing 3.15 Live Snooker. The Six-Red World Championship final. 6.55 Live Equestrian. The Olympia International Horse Show. 10.30 Freeride Spirit Show 10.45 Destination Dakar 11.00 Poker 12.00 Ten Pin Bowling 1.00 Eurogoals Weekend 1.10 Close

Sky Sports Xtra
6.00 Premiership Years 8.00 WWE: Raw 11.00 Premiership Years 1.00 NFL 2.30 European Rugby Union Special 5.00 Transworld Sport 6.00 World 6.30 NFL 8.00 Golf Night 10.00 NFL 11.30 NFL: Total Access 12.30 Elite League Ice Hockey 2.30 Powder Adventures 3.00 NFL 4.30 Powder Adventures 5.00 Tights Lines

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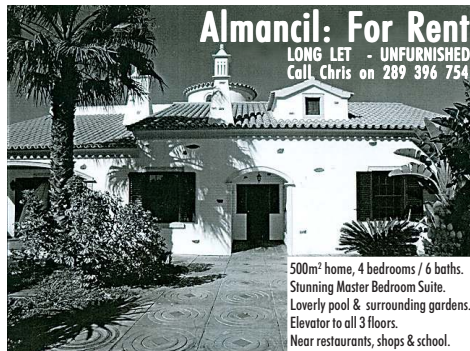
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Benfica equal top with Braga again



It has been a cat and mouse season between Benfica and Sporting de Braga at the top of the Liga Sagres table, as the 'Reds' were able to draw with the leaders on points once again last weekend, taking advantage of Braga's draw against Leixões and beating Académica with a convincing 4-0 score.

With a total of 29 points in twelve games, both Benfica and Braga have had a phenomenal season so far, closely followed by FC Porto, who trail by three points.

The same cannot be said for Sporting, but a victory over Vitória de Setúbal on Monday put them in sixth place.

FC Porto have kept the pressure on the top two by winning six consecutive matches, scoring nineteen goals and conceding

only three, their last being against Vitória de Guimarães on Friday night. The 'Blues' were dangerous from the start and Silvestre Varela scored the first after only twelve minutes of play. Guimarães tried to overcome their deficit, but FC Porto had the game under complete control and it did not take long for the second to come, with Falcão putting the ball in the back of the net from a free kick at the half hour mark.

Just before the half time whistle, Andrezinho scored an amazing free kick, leaving Helton motionless as the ball curled into the top left corner of the goal, reducing the goal difference to just one. Despite a better performance from Guimarães in the second half, two more goals for FC Porto, coming from Bruno Alves (66 minutes) and Rodriguez (88') ended the game with a convincing 4-1 victory.

Braga almost lost against Leixões on Saturday, risking losing their first place of the Liga Sagres. An own goal by Moisés put Leixões ahead in the first half of the match, but Braga were able to recover minutes from the end of the match and the game ended with a 1-1 draw.

Benfica put on a pristine exhibition on Sunday night, scoring four unanswered goals against Académica. A hat-trick by Cardozo and a marvellous chip by Saviola was a clear demonstration of Benfica's outstanding football this year, which not even the heavy rain could bring down.

Sporting played against last placed Vitória de Setúbal on Monday night and won 2-0. An early goal from Liedson put the 'Lions' ahead after only five minutes. Vitória scored twenty minutes later, but the goal was disallowed as two of their players were offside when the free kick was taken.



Oscar Cardozo celebrates his goal against Académica de Coimbra during their game at Luz Stadium in Lisbon on December 6th. (Photo: Lusa / Manuel Almeida)

Sporting found themselves in numerical advantage in the final twenty minutes and Liedson scored his second minutes from the end.

Benfica and Sporting de Braga are now equal first in the Liga Sagres with 29 points, however Sporting de Braga are ahead due to the fact they have already beaten Benfica. FC Porto are trailing by three and Sporting by eleven points.

SUPERLEAGUE FIXTURES DAY 13

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P.Ferreira-Nacional	Friday	20h15	SportTV1
Sporting-Leiria	Saturday	17h00	SportTV1
Olhanense-Benfica	Saturday	21h15	SportTV1
Académica-Leixões	Sunday	16h00	
Marítimo-Rio Ave	Sunday	16h00	
Braga-Naval	Sunday	18h00	SportTV1
FC Porto-V.Setúbal	Sunday	20h15	RTP1
Belenenses-Guimarães	Monday	20h15	SportTV1

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Football manager out of coma

Six days after being placed in an induced coma after contracting an infection following surgery, Manuel Machado, Nacional da Madeira's coach, is on the road to recovery as he was brought out of it earlier this week. Doctors at the Dr. Nélcio Mendonça Hospital have said the highest risk period has passed and they are optimistic the manager will make a full recovery.

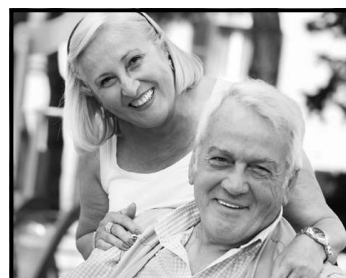
Manuel Machado became ill after abdominal surgery in a clinic in Oporto around two weeks ago. After suffering terrible pains for four days, the Nacional da Madeira coach was put in an induced coma for just under a week.

On Monday, doctors announced "The highest risk period is over. He has woken up and is in a good mood. Things are evolving in a positive manner and, if things continue as they are, hopefully we can turn off his assisted ventilation next week, keeping him only on medication to control some of the pain he is still feeling."

The cause of the infection is still not known, with the manager's wife saying he was operated on a hernia, despite several sources claiming it was due to a liposuction.

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Madeira - cake, wine & football

Forty weary Olhanense fans arrived back in Olhão on Tuesday evening after a five day trip to Madeira where they had seen their team lose 5-2 to Marítimo in a vital *Liga Sagres* game. The party, including thirteen British and Irish expats, were welcomed wherever they went with their flags, banners and festive Christmas hats. Staying at the same hotel as the Olhanense team the fans had a chance to meet their heroes and Club President Isidoro Sousa thanked them for their tremendous support. The programme included a visit to a wine lodge to savour the famous island wine and cake, which was followed by an evening of traditional folk singing and dancing.

On the football front Olhanense suffered another setback to their plans when Ukra, being tracked by Fulham, Blackburn Rovers and Newcastle United, was confined to the hotel with suspected Swine Flu. With the influential Castro also sidelined through suspension

the team was well below strength as they endeavoured to end a disastrous run of results that has seen them slip into the relegation zone. The match, at the Barreiros Stadium, Funchal was played on a pitch that in places was no better than the cattle pastures the fans had seen up in the hills the day before! Marítimo took an early lead through Djalmá but just before half-time the visitors were level through last season's top scorer Djalmir, making his first start after an absence of eight months through injury. After the restart the home side took the lead when Bruno fired in a free-kick which the assistant referee, well behind play, indicated had crossed the line. The Algarveans were level again within minutes when Tengarrinha's 40 metre volley flew into the net. Referee Carlos Xistras then awarded the home side a highly dubious penalty, converted by Alonso. The visitors heads went down as they succumbed to two late goals from the

lively Babato to seal an emphatic 5-2 victory.

Following the game a party took place at the Marítimo Supporters Club bar - 'sede Esquadrao Maritimista' - where President Francisco Nobrega laid on a BBQ and distributed shirts and scarves to the visiting fans. An impromptu session of Portuguese and British songs helped to tie the knot of friendship whilst plans were made to welcome the Marítimo fans to Olhão in the spring.

Benfica in town

On Saturday evening Olhanense entertain mighty Benfica and a capacity crowd of 12,000 is expected at the José Arcanjo Stadium, Olhão, kick-off is at 9.15pm. Jorge Costa is hoping to have a full squad to choose from as the home side look to record their first victory since September. The two sides last met pre-season in the final of the *Guadiana Tournament* in Vila Real de Santo Antonio. On that occasion a last minute goal gave Benfica an undesired 2-1 victory.

Ronaldo shortlisted to defend FIFA world player award



Cristiano Ronaldo addressing the media in Madrid on 27 November 2009. (Photo: EPA / Ballesteros)

Portugal's Cristiano Ronaldo, FIFA's current player of the year, is among a shortlist of five to take this year's award.

The Portuguese international joins Argentina's Lionel Messi, winner of this year's Ballon

D'Or, Kaka of Brazil, Andres Iniesta and Xavi, both of Spain, in the running for the prize to be awarded on Dec 21 by FIFA.

The Portuguese winger racked in the trophies in 2008 after an amazing year playing for Manchester United. With his team he conquered the Premiership League, the UEFA Champions League and the Club World Championship; and for himself he took the Golden Boot, the Golden Ball, the FIFA Player of the Year and the

FIFPro Player of the Year.

Only one person had achieved both the Golden Boot and the Golden Ball in the same year before, his Brazilian namesake Ronaldo back in 1997.

It was also the first time ever a player performing in the Premiership League was awarded the recognition of being the FIFA Player of the Year.

The favourite for this year's award, however, is Barcelona's Lionel Messi. TPN/Lusa



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SPORTS BRIEFS

Figo, Hierro present joint-Iberian bid for 2018 World Cup

Portugal's Luís Figo and Fernando Hierro of Spain on Friday presented Portugal and Spain's joint bid to host the 2018 FIFA World Cup.

The combined Iberian presentation was made on Friday at a vineyard outside Cape Town. Also in the race to stage the 2018 event are the United States, England, Australia, the Netherlands/Belgium, Indonesia, Japan, South Korea, Qatar and Russia.

Luís Figo, a member of Portugal's so-called 'Golden Generation', won 127 national caps and played for Sporting Lisbon, Barcelona, Real Madrid and Inter over a two-decade career. Fernando Hierro won 89 caps in a playing career that took him to several clubs including Real Madrid. TPN/Lusa

Portugal draw Brazil in World Cup group stages

Portugal will face Brazil, North Korea and Ivory Coast in the group stages of next year's World Cup finals in South Africa.

Portugal's first game is on June 15 against Ivory Coast in Port Elizabeth - which will also be the first time the two nations have met.

Portugal go on to play North Korea on June 21 in Cape Town leaving the best for last on their June 25 clash with Brazil in the warmer climes of Durban. TPN/Lusa

Maputo wants to host Portugal squad ahead of SA World Cup

Mozambique wants Portugal's national football squad to base itself in the southeast African state ahead of the 2010 FIFA World Cup in neighbouring South Africa, officials said before the draw.

Mozambique Sport Minister Fernando Sumbana told the Lusa News Agency in Maputo he hoped a decision would be taken as soon as possible by the Portuguese Football Federation to prepare for next summer's tournament in Mozambique.

Portugal's coaches and players "will feel at home and very welcome," added the minister.

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